



Ready to make a change?

The first step starts with you

Join our **FREE** 8-week health and wellbeing programme. It's made with the help of young people, for young people. This is a chance for you to talk about topics that matter to you.

Achieving
Goals

Body
Image

Communication

Exam
Stress

Motivation

Physical
Activity

Relationships

Self-Love

Our online group sessions start on:

Date:

Wednesday 21 May 2025 (weekly x 8)

Time:

6pm until 7pm



Sign up for your

FREE PLACE

today



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