



Ready for Adulthood

(17-25 years)



When young people feel supported,
incredible things can happen



Havering, Barking
and Dagenham

Ready for Adulthood (17-25years)

Ready For Adulthood is a six week face-to-face programme for 17-25 year olds struggling with their mental health.

An interactive group comprising two-hour sessions on mental health signposting, two-way communication, building, resilience, wellbeing, planning for the future and a social activity.

Sessions are delivered in an engaging way with fun activities and small group discussions, all in a safe and non-judgemental space.

At the end of the programme, young people are encouraged to engage with prior groups in ongoing peer and community activities.

If you, or someone you know, would like to chat with one of the Young People Team, please get in touch.



**I feel more
confident and
I'm finding
socialising
more easier**



For more information:

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HaveringMindCharity



Havering, Barking and Dagenham

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