



Free, Safe and Anonymous online support

**Virtual workshops
and a chance to
create your own
workshop to deliver
to other young
people!**

Are you interested in mental health and passionate about helping others with their well-being? Kooth has paired up with Havering Youth Council to train young people on how to support their peers and run well-being sessions!

During these sessions we will focus on learning about mental health and well-being and then practicing for the delivery of the well-being session.

TO SIGN UP

Contact:

participation@haverling.gov.uk

Well-being and Resilience Workshop

- What is well-being and why is it important?
- How do we take care of our well-being?
- What is reliance and how does it relate to well-being?
- Self-care and why it's important!
- Sharing tips on how to take care of our well-being!
- Creating a training workshop on mental health to deliver to other young people.

(You can just attend the workshops, if you don't want to deliver a training workshop to other young people)

Well-being and Resilience Workshop Practice and Delivery Dates

- Thursday 18th March, 5:30-6:30pm
- Thursday 25th March, 5:30-6:30pm
- Thursday 1st April, 5:30-6:30pm
- Delivery to other young people:
Wednesday 7th April, 2-3pm