

Time

for young people

The
Children's
Society

Want to chat relationships,
family, and community?
It's **Time to connect.**

Join **Time for young people** for our **free wellbeing workshops**. You'll be empowered to talk about how you're doing and look after your wellbeing.

These in-person events will offer practical tips and strategies to help with:

- feeling anxious, worried, or stressed
- managing your emotions
- dealing with low mood
- staying safe in your community.


**The next workshop
will be held on:** Every Friday

At: Newdegate St, Nuneaton, CV11 4ED

From 11:30 to 17:30

Find out more.



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