

 **Mind** Thurrock and Brentwood



Youthful Wellbeing Group



A fortnightly group activity programme. Designed to improve your wellbeing and give you a safe space to meet others.



**To register your interest follow QR code or
Call: 01375 531710**

Email: Youthfulwellbeing@tbmind.org.uk

When : Every other Tuesday 6-8pm

Where : Inspire Hub Grays