



Youthful Wellbeing Group



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

Sessions: 6-8pm every other Tuesday starting 18th July

Where: Inspire Hub

24-28 Orsett Road, Grays
RM17 5EB

To register interest:-

Call: 01375 531710

Email: Youthfulwellbeing@tbmind.org.uk
or follow QR code

Registered charity no. 1106452

 **Mind**
Thurrock
and Brentwood