



Bounce Back

Helping young people to build emotional resilience.

A 6-Week Programme supported by one of our Wellbeing Workers.

Bounce Back is a 6 week, youth emotional resilience course for ages 9-18. The course teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

Over the course of six sessions, young people will have the opportunity to learn more about emotional resilience, and how it is a vital component in overcoming mental health problems which we may encounter as a part of every day life.

Date in November now taking bookings. Priority access for young people in Canterbury:

Bounce Back (9 - 13 yrs) | 16/11/21 - 21/12/21 | 4pm - 5pm

For more details on this programme, and to book your space on these sessions, please e-mail bookings@midkentmind.org.uk.

