



BE KIND TO YOUR MIND

Learn ways to be kind to yourself and see the world in a more positive way!



7TH AUGUST

MERRY HILL SHOPPING CENTRE
BY THE BIG NEXT, HEAD TOWARDS TOILETS

START 10:00AM
END 12:00PM

28TH AUGUST

CHURCH OF ASSENSION CHURCH HALL HIGH
STREET, WALL HEATH, WEST MIDLANDS DY6 9AH

START 10:00AM
END 12:00PM



To find out more information or to sign up please email
bchft.reflexions@nhs.net. YP's attending can't be dismissed from the
workshop or the premises unless there has been consent form agreed
from parent