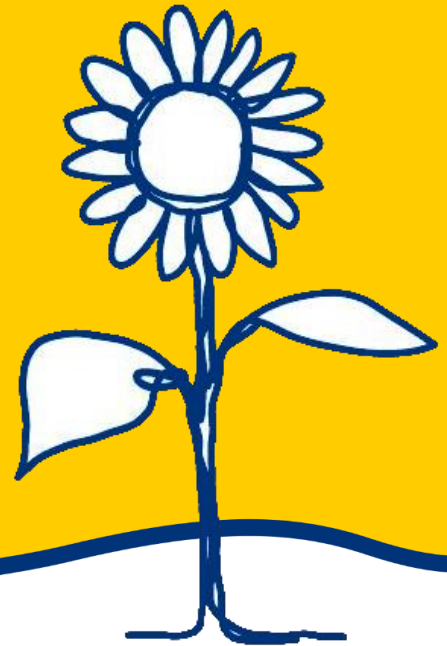




Norwich and Central Norfolk



# Explore — New ways to Wellbeing event!

**Date:** Saturday 21<sup>st</sup> October

**Time:** 11am – 3pm

**Place:** The Garage, 14 Chapelfield, Norwich, NR2 1NY

**For young people! Free to attend! No need to book!**

Would you like to learn more about how to cope when feeling overwhelmed with stress?

This event is for you and completely free to attend. Activities include:

- > Hearing real life stories from those who have learned coping skills and strategies whilst experiencing mental illness
- > Designing and filling your own Wellbeing toolkit to take away with you
- > Pampering sessions, Pets as Therapy dogs, hot chocolate making and much more!

[www.norwichmind.org.uk](http://www.norwichmind.org.uk)

t: 07454545892

e: [layladickerson@norwichmind.org.uk](mailto:layladickerson@norwichmind.org.uk)

Norwich and Central Norfolk Mind is a registered charity - No. 1118449