

DISCOVERY COLLEGE EAST LONDON WORKSHOPS

Free, fun and engaging taster workshops for young people aged 13-18yrs old from the boroughs Tower Hamlets, Newham, Hackney and City.

ANXIETY & DEPRESSION

Join us as we explore anxiety and depression - a common struggle that affects everyone



STRESS & SELF-ESTEEM

What is stress? How does it affect us? And, most importantly, how can we cope?

ANGER MANAGEMENT & EMOTIONAL RESILIENCE

Explore anger, its triggers and how we can express these emotions in a healthy way



When: Wednesday, 7th February

Where: Beckton Youth Zone

Time: 4pm to 5pm

For more information, please email discovery-college@mindthnr.org.uk or call us on

07511080018