

DISCOVERY COLLEGE

EAST LONDON

Workshops

Join us for our fun and engaging well-being taster workshop. It's free and open to young people aged 13-18yrs old from the boroughs Tower Hamlets, Newham, Hackney and City



**Anxiety and
Low Mood**



**Stress and Self-
Esteem**

**Anger Management
& Emotional
Resilience**



**When: Wed 14th &
Thurs 15th Feb
3pm to 5pm**

Where: East Ham Library

For more info email us at
discovery-college@mindthnr.org.uk
or call [07511080018](tel:07511080018)