

DISCOVERY COLLEGE EAST LONDON

TASTER WORKSHOPS

Join us for our free, fun and engaging taster workshops, open to all young people aged 13-18yrs old from the boroughs Tower Hamlets, Newham, Hackney and City.

We will be showcasing our workshops on:

- Anxiety & Low Mood
- Stress & Self-Esteem
- Anger Management & Emotional Resilience

Friday, 9th February

5:30pm - 7:00pm

Forest Gate Youth Zone

For more information, please email
discovery-college@mindthnr.org.uk

or call [07511080018](tel:07511080018)

