

# 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?  
How can we cope?

## ANGER MANAGEMENT & EMOTIONAL RESILIENCE

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



**When: Friday, 9th February**  
**Where: Little Ilford Youth Zone**  
**Time: 3:30pm - 4:30pm**

For more information, please email [discovery-college@mindthnr.org.uk](mailto:discovery-college@mindthnr.org.uk) or call us on 07511080018