

YOUNG PEOPLE'S MENTAL WELLBEING EVENT

FRIDAY 23RD OF
SEPTEMBER
GROUPS 9-12
PUBLIC 12:30-3:30
THE HOPE ROOMS,
NORTH BERWICK

OPEN TO YOUNG PEOPLE AGED 11+, THEIR FAMILIES/CARERS AND
MEMBERS OF THE PUBLIC

COME ALONG TO FIND OUT ABOUT
THE SERVICES AVAILABLE TO
YOUNG PEOPLE INCLUDING NBYP,
HERBSPACE, EAST LOTHIAN WORKS,
NBHS, CAMHS, MYPAS, YOUNG SCOT,
AND MANY MORE!

FREE EVENTS TAKING PLACE
INCLUDING YOGA, MINDFULNESS
AND OPEN WATER SWIMMING. TO
BOOK A SPACE PLEASE VISIT:
www.northberwickyouthproject.org.uk



FOR MORE INFORMATION PLEASE CONTACT
LAUREN.COWIE@NORTHBERWICKYOUTHPROJECT.ORG.UK
KATHY@HERBSPACE.CO.UK