

Relate's Summer Workshops for Young People



Free mental health support for 10-18 year olds this summer!

During the summer holidays, Relate will be providing one time workshops which raise awareness of how to support your mental health. The workshop will include creative strategies, arts and crafts and a pack for you to take away so that you can continue to look after your mental health.

To book a place email or text SUMMER to:

reception@rllr.org.uk

07935860433

Relate

Leicester, Leicestershire & Rutland
83 Aylestone Road, LE2 7LL
0116 254011