

# Youth Services



## **Bounce Back**

A 6 week course that teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

## **Taming My Temper**

Taming My Temper is a 6 week course dealing with anger management specifically designed for young people that may have issues controlling their emotions and want to reduce the levels of anger and hostility that they display.

## **Mindfulness & Me**

A five week course teaching young people more about mindfulness and how they can better manage their mental health.

## **Themed Events**

Themed events for young people to connect and build social skills.

## **Youth Wrap**

A personalised 1-to-1 wellbeing coaching programme focused on empowering young people to overcome the difficulties or problems they experience in life.

## **Youth Counselling**

A safe and regular space for young people to express and explore difficult feelings with a BACP registered youth counsellor.

For more information on all of these courses & activities, visit:

[www.maidstonemind.org](http://www.maidstonemind.org)

or email

[mindhelp@midkentmind.org.uk](mailto:mindhhelp@midkentmind.org.uk)