

# Come along to our online talk in January

Centre 33 talks about...



## LOOKING AFTER YOUR WELLBEING

The new year can be a tricky time for some people, so it's especially important to look after yourself. If you would like to learn ways to look after your mental wellbeing and gradually introduce helpful habits, then come along to our online talk in January.

**WEDNESDAY 26TH @ 5.30PM ON ZOOM**

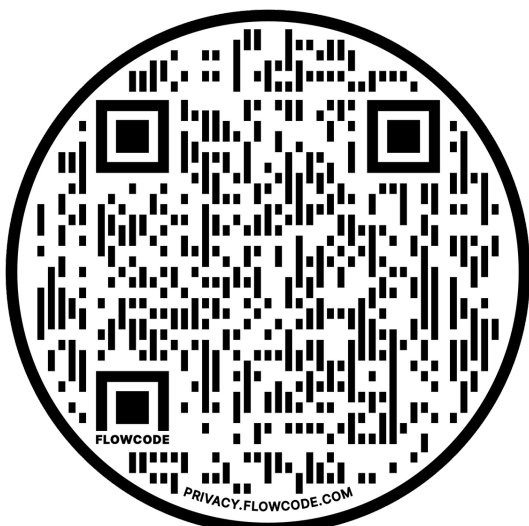
30 minute  
presentation  
over Zoom

Suitable for  
anyone aged  
13-25 years old.

You can join  
anonymously - we ask  
everyone to use an  
anonymous name,  
and to keep their  
cameras and  
microphones off.

### How To SIGN UP:

Scan the QR code with your phone's camera to get a link to register. or see our posts on social media.



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