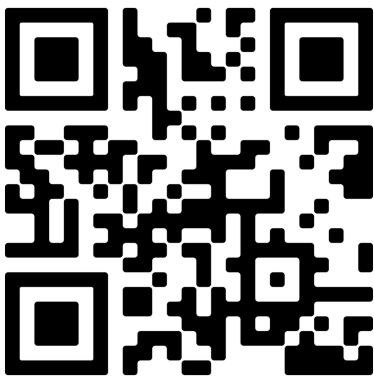


Centre 33 talks about...

## Low mood

If you often find yourself feeling down, sad or flat and want to learn more about low mood and ways to manage it, then come along to our talks this month:

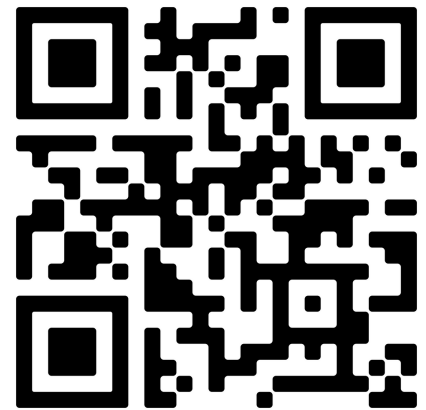


THURSDAY 19TH @ 5.30PM

**PART 1** covers what low mood is, common symptoms, possible causes, and tips for looking after yourself.

MONDAY 30TH @ 5.30PM

**PART 2** covers what can keep low mood going, and longer-term strategies for improving how you feel.



### HOW TO SIGN UP:

Scan the QR codes with your phone's camera to get a link to register. or go to the events page on our website -

[www.centre33.org.uk/events](http://www.centre33.org.uk/events)

Suitable for anyone age 13-25 years old.

30 minute talk over Zoom, followed by 15 minutes for questions.

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