

Come along to our wellbeing talk in June!

Centre 33 talks about...



SUPPORTING FRIENDS

Friendship is about being there for each other, but sometimes the things we hear might make us worry or feel like we are holding too much. In this talk we will explore ways to support friends while also looking after yourself, and when and how to get more help if needed.

THURSDAY 30TH JUNE @ 5.30PM ON ZOOM

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

Suitable for anyone age 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 go to the events page on our website - www.centre33.org.uk/events

