

# Come along to our wellbeing talk in June!

Centre 33 talks about...



## GETTING SUPPORT

When you're experiencing difficulties it can be hard to know how to get support, where to get it, and how to ask for it. Our talk will cover these questions, potential worries you may face along the way, and some ideas and tips to help you get the support you deserve.

**THURSDAY 23RD 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](http://www.centre33.org.uk/events)

