



Ambition Aspire Achieve

OUR MINDS & US

Mental Health And Wellbeing Group

FREE for all 11 to 14 years olds

Every Wednesday, 6:15pm to 8:15pm

At Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN



Activities Include: A variety of sports, Gardening, Film making, Personal wellbeing, Cooking, Arts and Crafts, Mindfulness sessions AND MUCH MUCH MORE!

- A safe and fun environment for those feeling alone or suffering from mental health issues
 - Build self confidence and esteem
 - Make and build new friendships

Contact us now for further details:

Marie on 0208 555 8333 / marie@theaaazone.com

Web: www.theaaazone.com | Twitter: [@theaaazone](https://twitter.com/theaaazone) | Facebook @
AmbitionAspireAchieve/