



Wellbeing and Action Support Project

Youth Groups

Every Saturday

(Starting Saturday 10th November

10am – 11:30 7-10 year olds

11am – 12:30 11-18 year olds

Our group offers a safe place for young people to talk about young people's wellbeing, learn more about mental health issues and help us raise awareness through developing projects.

At Mind Wellbeing Hub

Church Street East

SR1 2BB

For more info contact

Leigh Ann on

0191 5657218, 07984595624 or

youngpeople@sunderlandmind.co.uk

Sunderland
City Council



A Project From Sunderland Mind
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