

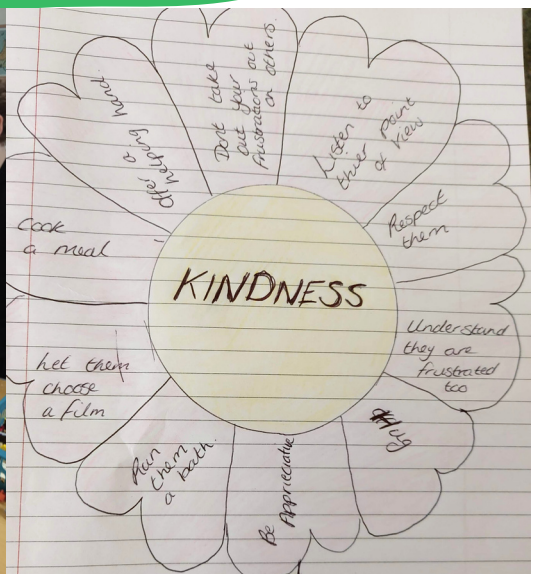
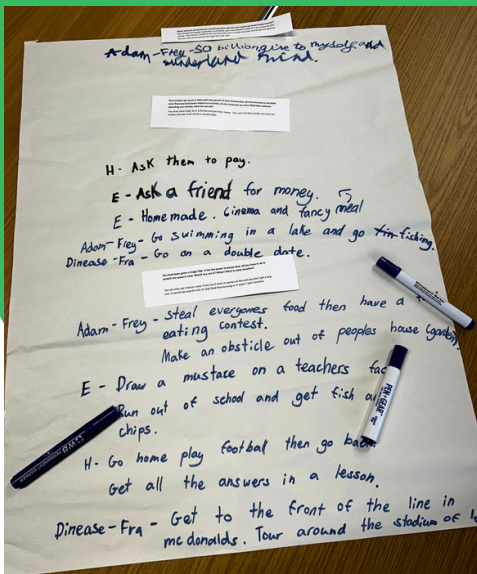
Sunderland Mind



Wellbeing Action Support Project

THURSDAYS
4:30PM-6PM
£1.50 PER SESSION
7-17
YEAR OLDS

YOUTH SPACE



Take part in games and challenges to help build confidence and friendships, while also expanding your life skills through different activities like cooking

Our members improve their wellbeing by having FUN

Contact Marsha on 0191 565 7218 or marsha.jardine@sunderlandmind.co.uk

Sunderland Mind Wellbeing Hub
Church Street East Sunderland
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