

Club Zone One - Good for Girls

Details

Description

The Good for Girls programme will help to create a mental health hub with us and extend the support for young women outside of school, with trained youth professionals who are able to create safe spaces where young women feel able to talk about their mental health and learn tools to manage their wellbeing.

Our programme will run from March to September 2021 providing weekly creative/sport provision, supporting young women aged 10-14, promoting positive mental health and challenge stigma.

They will:

- access free activities that promotes wellbeing
- discuss emotional wellbeing and issues they care about
- take leadership to promote wellbeing in their communities.

Good for Girls programme also includes a residential weekend during 2-4 July 2021, where a small number of young women will take part in activities that help them become 'Wellbeing Ambassadors' for our organisation. These ambassadors will lead a social action project with £500 funding to promote positive mental health and wellbeing in their youth clubs and communities that will be delivered over the summer.

Date

22 January 2022

Start Time

12:00

End Time

14:00

Costs

Costs

Free

Event Repeats

Repeats

There are currently no upcoming scheduled repeats

Venue Information

Address 1

The Glasshouse Community Centre

Address 2

161 Old Ford Road

Postcode

E2 9QB
