

Ages
11 - 18

**Croydon Youth Assembly &
Croydon BME Forum**

Youth Mental Health Support

BE KIND TO YOUR MIND

Chill and Chat Tuesdays

**Join us in a safe space for activities, discussions,
workshops and learning to be kind to your mind.**

Why Join us?

- ★ **Meet new friends**
- ★ **Workshops and activities**
- ★ **Open discussions**
- ★ **Refreshments provided**



First Tuesday of every month
From 4:30pm - 6:30pm



Starting from

Contact us:

Emhiphub@bmeforum.org
Boris.rupnik@croydon.gov.uk

Location:
The Wellness Centre
1st, Floor Whitgift
Centre Croydon
CR0 1LP

IN PARTNERSHIP WITH

