



Emotional Health Drop in sessions

@ Base!

**360 Marsden Rd, Bolton
BL 2PF**

Understanding
your emotions and
looking after your
Mental Health

Fears and
worries about
the future

Confidence
and self
esteem

Depression
Anxiety

Resilience and
Problem
Solving

Bereavement

Relationships

**For Care Experienced young people (16-21)
and looked after children approaching 16 in Bolton**

Dates:

Thursday 23rd March 5-7.30pm.

Thursday 27th April 5-7.30pm

Warm, confidential space if you want to speak privately. Refreshments also available.

Also, how to access the Bee Connected Greater Manchester Care Leavers App which is a fantastic tool

For more information, please contact **Kathryn Culshaw on 07385940428 Leaving Care Emotional Health Practitioner**

Scan below for the Greater Manchester Bee Connected Care Leaver App

