



Celebration Event

For young people aged 16-25, their friends and families.

Experience the Five Ways to Wellbeing on
World Mental Health Day.

Connect - Link up with the people around you.

Keep Learning - Try out our FREE food workshops and learn how to cook some tasty meals.

Give - See how easy it is to do someone a favour.

Take Notice - Take part in our photo competition (enter on our website - see below) or judge the entrants.

Be Active - Play a dance game and sign up for our FREE activities.

Date: 10th October, 4pm - 7pm

Where: Upstairs @ Brighton Youth Centre
64 Edward Street, Brighton

www.right-here-brightonandhove.org.uk - 01273 222562



Right Here Brighton and Hove is a partnership between Sussex Central YMCA, Mind in Brighton and Hove, Brighton and Hove Children and Families Services, and the PCT

