

“Resilience is the ability to recover easily from exposure to adversity and difficult times – to bounce back and be stronger.”



Keep Calm & Carry On

A 6-week group for young people that have issues with anger and recognise anger is stopping them living fully, enjoying their lives and getting on with the people around them.

FREE
for 16-25 year olds



Starts:

Thursday 19th May 2011

(assessments carried out up to 3 weeks prior to start date)

Ovest House, West Street

Free food provided!

Contact: Jo Woodhams, Activities Co-ordinator, on 07850 500420 or email jo.woodhams@sussexcentralymca.org.uk www.right-here-brightonandhove.org.uk



Right Here Brighton and Hove is a partnership between Sussex Central YMCA, Mind in Brighton and Hove, and the Brighton and Hove Children and Young Peoples Trust



Mental Health Foundation

phf Paul Hamlyn Foundation

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