

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



Music Production

Learn to acknowledge sound, claim it as your own and create a composition that represents who you are. Learn how to write, record and produce your own music.

7 week course starts

Saturday 30th April

2pm-5pm

@ King Chubby's Studio & Brighton & Hove Foyer



FREE
for 16-25 year olds

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

Right Here is a collaboration between Paul Hamlyn Foundation, a Company limited by guarantee (reg. Charities 1137494) and Mind (no. 1042279) and a registered charity (no. 1132827), Sussex Central YMCA, a not for profit organisation (no. 1042279), and Brighton and Hove Children and Young Peoples Trust, a company limited by guarantee (reg. Charities 1137494) and Mind (no. 1042279) and a registered charity (no. 1042279) and a registered charity (no. 1042279) and a registered charity (no. 1042279).