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RUN BY YMCA DOWNSLINK GROUP

# Bognor Wellbeing Activities for 15-18s Summer 2015

## Do you want to promote emotional resilience and positive mental wellbeing?

Sign up for fun, free & non-judgemental therapeutic activities for 15-18s in Bognor. Run by qualified professionals for anyone experiencing emotional or mental health issues, we welcome young people of all genders & backgrounds!

### Equine Therapy (Family or Group)

*starts June 2015*

Lead by equine therapists and counsellors, learn new ways to understand and communicate your feelings by interacting with horses.



### Dog Walk & Talk (Group)

*starts June 2015*

A group dog walking activity run by counsellors and a therapy dog designed to help overcome anxiety, social isolation and improve emotional wellbeing. *Sorry no pet dogs allowed.*



### 5 Ways to Wellbeing Walk & Talk (Group)

*starts Aug 2015*

A group walking activity in the countryside with games and exercises exploring the '5 Ways to Wellbeing' (connect, be active, take notice, keep learning, give)



### Bushcraft (Group)

*starts Aug 2015*

Get in touch with your inner Bear Grylls with Outdoor activities designed to help you explore your mood and improve wellbeing in the open air.



For information, dates and bookings contact Chloe  
07525667683 or [chloe.foster@ymcadlg.org](mailto:chloe.foster@ymcadlg.org)



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*Summer/Autumn/Winter 2015-16*

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### **Mind Management** (Group)

*starts Aug 2015*

Run by mindfulness practitioners, create a 'stress-free me' by learning to manage your thoughts & feelings with weekly mindful meditation practice.



### **Food & Mood** (Family or Group)

*starts Sept 2015*

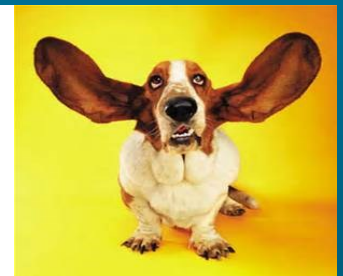
A 6 week cooking group designed to help you learn new skills, improve your relationships and find ways to enhance your mood and manage feelings.



### **Canine Counselling** (Individuals)

*starts Nov 2015*

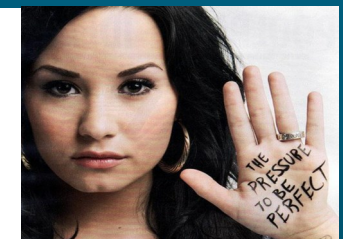
Weekly confidential sessions to explore your feelings with a counsellor and supportive furry friend - Pablo the therapy dog.



### **Body Confidence** (Group)

*starts Jan 2016*

A 5 week supportive group to promote self confidence and help create a positive attitude to body image.



For information and bookings contact Chloe  
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