

Mental Health Awareness Week**Friday 14th May****10am - Kooth & Qwell**

Hear from Kooth and Qwell to find out more about their online wellbeing services for children, young people and adults

11am - Boxercise

Join Michelle for a boxercise session to invigorate body and mind!

1pm - 'If I believed in myself, I would...'

Join Boma for a mixture of group coaching, journaling, 1-2-1 discussions and closing meditation

7pm - Kwame & Lockdown 3 Drama Performance

Join Tony Cealy for an interactive zoom performance about black men in the time of Covid-19

[Please register here for the day!](#)