



Building physical and mental wellbeing skills for life

Kids Inspire will facilitate a small group of 13-18 year olds who may be struggling with:

Anxiety

Confidence

Self-worth

Body image

'Balance Me' will focus on practical tools that both aid resilience and empower the young attendees to cope when they feel anxious or find themselves in a challenging situation.

What evidenced tools to improve mental wellbeing will be used?



Fitness



Healthy eating



Specialist sessions:
(yoga, mindfulness, cooking)

22-weeks of online groupwork (Face-to-face when restrictions allow - in Great Baddow)
Monday 4-5pm
March 2021

If you are or if you know a 13-18 year old living in Chelmsford who could benefit from support, please get in touch:

☎ 01245 348 707 ✉ clinicaladmin@kidsinspire.org.uk

💬 Start your message with: **Balance Me 07908 829 550**

kidsinspire.org.uk



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Therapy, opportunity, love & care

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SERVICE**

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