

SUMMER WORKSHOP PROGRAM

FREE

CHAMPIONING YOUTH MINDS HAVE PUT TOGETHER AN EXCITING 10 WEEK SUMMER WORKSHOP PROGRAM.



IT WILL BE FULL OF TIPS TO CARE FOR YOUR MENTAL WELLBEING WITH A DIFFERENT THEME EACH WEEK.



BEST PART, IT IS FREE!

DIFFERENT THEMES:

- SELF-REFLECTION, GRATITUDE 
- MINDFULNESS
- NATURE
- SPORTS/YOGA 
- FOOD
- MUSIC 
- ARTS/CRAFTS
- SLEEP 
- SOCIAL MEDIA
- MAKING A CHANGE 

STARTING FROM 28TH
JUNE - 5TH SEPTEMBER

YOU CAN ATTEND ALL OR PICK AND CHOOSE WHICH ONES!

HOW TO SIGN UP...

- GO TO OUR WEBSITE
- GO TO 'WORKSHOPS'
- CLICK ON 'SUMMER PROGRAM SIGN UP'
- SIGN UP!

FIND MORE MENTAL WELLBEING RESOURCES:

• [CHAMPIONINGYOUTHMINDS.COM](https://championingyouthminds.com)



YOUNG PEOPLE
HELPING YOUNG
PEOPLE CARE FOR
THEIR MENTAL
WELLBEING

CHAMPIONING
YOUTH MINDS



SUMMER WORKSHOP PROGRAM

FREE

EXCITING FREE RESOURCES, TALKS FROM EXPERTS AND YOUTH-LED WORKSHOPS!

WEEK 1 - W/C 28TH JUNE
SELF REFLECTION & GRATITUDE

WEEK 2 - W/C 5TH JULY
MINDFULNESS

WEEK 3 - W/C 12TH JULY
NATURE

WEEK 4 - W/C 19TH JULY
SPORTS & YOGA

WEEK 5 - W/C 26TH JULY
FOOD

WEEK 6 - W/C 2ND AUGUST
MUSIC

WEEK 7 - W/C 9TH AUGUST
ARTS

WEEK 8 - W/C 16TH AUGUST
SLEEP

WEEK 9 - W/C 23RD AUGUST
SOCIAL MEDIA

WEEK 10 - W/C 30TH AUGUST
MAKING A CHANGE

REGISTER ON OUR WEBSITE!

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