



Healthy Thinking for Me is a new wellbeing group aimed at 12–18 year olds, whose mental health may be affected due to struggles with body image or relationships with food.

**What is Healthy Thinking for Me?**

**What will sessions look like?**

Each 2 hour session will run once a week for approximately 6 weeks and will cover the following:

* Getting to know you
* Food and Mood
* Body Image
* Anxiety and Coping Strategies
* Self-esteem and Self Care
* Motivation for Change

These topics aim to improve young people’s overall physical and mental wellbeing, relationships with food and self-image.



**How do I book a place?**

**Scan the QR code or ring the numbers on the front**