



HERE : NOW






Promoting positive mental health and resilience in young people.

A Safe, Friendly and Confidential space for FREE advice and information on Health and Wellbeing

Are you a young person aged between 13 and 25?

At *Here:Now* young people do not need an appointment. You can just turn up to chat about how you are feeling. There are a variety of workshops and activities available to help reduce anxieties, make informed choices and develop coping strategies to support positive mental health and wellbeing.

What's on offer?

-  Advice and Information
-  One to One Support
-  One to One Counselling
-  Mindfulness Sessions
-  Therapy activities: Group work, Sports, Pet & Aromatherapy

When and Where?

Every Thursday from 2-8 PM

At Huntingdon Youth Centre, Sallowbush Road, Huntingdon,
Cambridgeshire, PE29 7AF

Contact us on: 01480 372700