

Mind You is a local charity set up to provide young people with the tools they need to manage anxiety within a fun, welcoming and friendly environment. During #ChildrensMentalHealthWeek they're inviting Balgreen families to join the next FREE four-week program in Saughton Park starting March 12th.

You can find out more or register at <https://www.mindyoucotland.org.uk/>

Free course for under 12s

Helping young people to master big emotions

Next session starts 12th March

Find out more or register:
www.mindyoucotland.org.uk

MIND YOU
HEALTH & WELLBEING