



Free!

Children and Young People Virtual Wellbeing Coaching

Virtual wellbeing sessions for children and young people aged 10-18 years old. A chance to speak to a wellbeing coach and learn tools and techniques for:

- **Low Mood**
- **Worry**
- **Stress**
- **Friendships**
- **Self-esteem**
- **School transitions**
- **Sleep & Routine**



For more information contact
[**cypcoaching@lancashiremind.org.uk**](mailto:cypcoaching@lancashiremind.org.uk)

