

Dear Parents and Young People,

Ready For Adulthood 6-week face-to-face programme will start on **Friday 1st March 2024 from 12.30-2.30pm at The Vibe** (195-211 Becontree Avenue, Dagenham RM8 2UT). The eligibility criteria is Barking & Dagenham residents, aged 17-25 with mild-medium symptoms and low risk.

Here are the topics we cover each week:

1. Introductory session: getting to know each other and establishing trust
2. Increasing emotional resilience (*including confidence, self-esteem and assertiveness*)
3. Wellbeing: food & mood, making connections, self-care
4. Improving two-way communication
5. Taking part in a fun, social activity
6. Planning for the future
 - a. Review progress: What's changed? What's still difficult? What's next?
 - b. Peer group activities
 - c. Onward referral pathways.

Interested? Please complete the link: <https://external-forms.viewsapp.net/forms/v/917410a8-9a0f-4779-a996-c7090934d8b1>, ideally asap. We would then arrange a 30-minute 'Connection Meeting' with the young person (via phone/zoom) to ensure they feel comfortable to attend and also to allow them to ask any questions they may have. If you or your young people experience any difficulties with the form, please obtain their consent to share their contact details with us, so that we may reach out to them directly.

Best wishes,

Young People & Parents' Team, Mind in Havering, Barking & Dagenham

Email: youngpeople@haveringmind.org.uk

<https://www.haveringmind.org.uk/>

Harrow Lodge House Hornchurch RM11 1JU

 **Mind** Havering, Barking and Dagenham