

CREATIVITY & YOUNG PEOPLE'S MENTAL HEALTH

FROM 42ND STREET TO SUPPORT HEALTH EQUITY - SUPPORTED BY MMF

For professionals, from **VCSFEs and grassroots organisations working with young people aged 11-25 in Manchester**

Upcoming sessions :

Thursday 17th Sept - 10.00am-2.00pm

Thursday 12th Nov - 10.00am-2.00pm

Thursday 21st Jan - 10.00am-2.00pm

Thursday 11th Feb - 10.00am-2.00pm

The Horsfall, 87-91 Great Ancoats Street, M4 5AG

Book your session by emailing:

Angeli.Sweeney@42ndStreet.org.uk



Learn how to

- Understand how art + expression aid wellbeing and mental health
- Use creativity to support youth mental health
- Build trauma-informed, youth-focused approaches
- Create safe, creative spaces for young people
- Use creativity as a tool for communication, expression and connection
- Bridge your creative skills into real-world practice
- Leave with practical ideas on how to apply within your setting