

# MINDFUL ME

TEEN MINDFULNESS & WELLBEING

**FREE TEEN DROP IN AGE 13-19  
LAST SATURDAY MONTHLY 11-1PM**

Chat, chill & cuppa  
Mindfulness

Yoga  
Music

Quiz & film sessions

Pamper sessions

Sport sessions

Hygiene products

Career support

Safe sex and relationships

Support & advice service

Youth & mental health support workers

07515956623

Family Hub Crossacre

Poundswick lane

Wythenshawe M22 9TA



@SOUTHMANCHESTER.KARMAKIDS