



# Ready for Adulthood

(17-25 years)



When young people feel supported,  
incredible things can happen



Havering, Barking  
and Dagenham

# Ready for Adulthood (17-25years)

Ready For Adulthood is a 6—8 week face-to-face programme for 17-25 year olds struggling with their mental health.

An interactive group comprising two-hour sessions on mental health signposting, two-way communication, confidence-building, resilience, wellbeing, living skills and future plans.

Sessions are delivered in an engaging way with fun activities and small group discussions, all in a safe and non-judgemental space.

At the end of the programme, young people are encouraged to engage with prior groups in ongoing peer and community activities.

If you, or someone you know, would like to chat with one of the Young People Team, please get in touch.



**I feel more confident and I'm finding socialising more easier**



## For more information:

01708 457040

[youngpeople@haveringmind.org.uk](mailto:youngpeople@haveringmind.org.uk)

[www.haveringmind.org.uk](http://www.haveringmind.org.uk)



**HaveringMindCharity**



Havering, Barking and Dagenham

Charity No: 1108470