

# FEELING GOOD WEEK

Come to a youth work project to learn about looking after your emotional and physical wellbeing

Monday 28th February - Friday 4th March 2022

**Monday LGBT+ 6-8pm (call for location details)**

**Tuesday Girls & Young Women's Project 6-8pm**

**Thursday LD 13-17 Project 6-8pm**

**Friday Night Project 5-7pm dance session & 7-9pm open session**

Find out why self-care is important

Learn how meditation can reduce stress

Boost your mood

Get active with a street dance session

Ages 13-17

## Where?

**LD & Friday Night Project**

**Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield AL10 8TP**

**Girls & Young Women's Project**

**Focolare Centre,  
69 Parkway,  
Welwyn Garden City AL8 6JG**

**Feeling Good Week is made possible due to funding from Hertfordshire County Council and CAMHS (Child and Adolescent Mental Health Services)**

**Area Team Manager: Mark Hughes**  
**Youth Work Practice Manager: Russell Cairns**



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Services for  
Young People