



# CONNECT

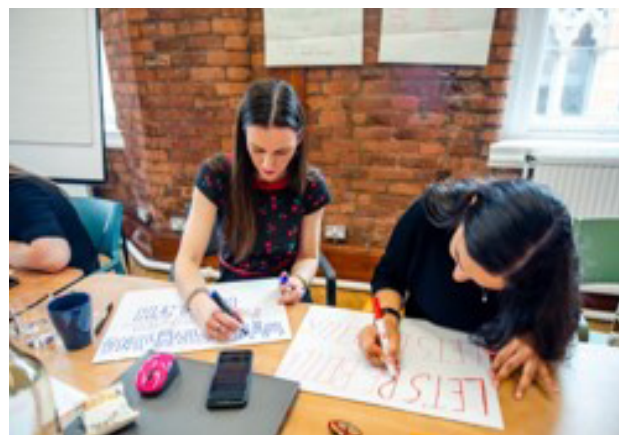
## Young Adult's Project

**Days:** Tuesdays

**Times:** 1.30-2.45pm

**Location:**

Various locations in and around Bexleyheath.



The Young Adult's Project (YAP) is a person-centred informal social support group which allows those aged 18-28 to express themselves and to also gain the skills and confidence to empower themselves and others.

The group is facilitated by a Mind in Bexley staff member with lived experience and is held on a weekly basis at various locations in Bexleyheath. This can include visiting different cafes, doing activities such as bowling, visiting exhibitions and also guest speakers from various organisations. The group decides where they would like to go and collaborate on ideas.

Please register first.



[mindinbexley.org.uk/recovery/](http://mindinbexley.org.uk/recovery/)

