

# ALL ABOUT ME

## YOUNG PEOPLE & MENTAL HEALTH

### YOUR INFORMATION AND YOU

**DATE:** 25/11/23

**TIME:** 1pm-3pm

**VENUE:**

City Gates Church  
25-29 Clements Road  
Ilford  
IG1 1BH



PLEASE SCAN THIS QR  
CODE FOR MORE INFO!

NOTHING ABOUT ME WITHOUT ME!