



Ambition Aspire Achieve

Charity Registration Number: 1167816

# OUR MINDS & US

## Wellbeing Group

FREE for all 11 to 14 years olds

Every Wednesday, 5pm to 7pm

At Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN



Activities Include: A variety of sports, Gardening, Film making, Personal wellbeing, Cooking, Arts and Crafts, Mindfulness sessions AND MUCH MUCH MORE!

- A safe and fun environment
- Try out lots of fun activities and experiences
- Have a great time and make new friends

Contact us now for further details:

Marie on 0208 555 8333 / 07852 350 786 / [marie@theaaazone.com](mailto:marie@theaaazone.com)

Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: [@theaaazone](https://twitter.com/theaaazone) | Facebook [@AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)

| Instagram: [@ ambtionaspireachieve/](https://www.instagram.com/ambtionaspireachieve/)

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