



Let's Talk and partner agencies (Tinderbox, Edinburgh Community Yoga and Edinburgh and Lothians Greenspace Trust) are delighted to offer three 12-week therapeutic projects - The 'Feel Good' Programme.

These programmes are designed to allow for 12-26 year olds to attend each project across the year.

12 WEEK 'FEEL GOOD' MENTAL HEALTH PROGRAMMES

FOR 12-15/16-26 YEARS IN CRAIGMILLAR AND PORTOBELLO



'FEEL GOOD' MUSIC

2-hour feel good and music workshop. We will:

- Use music to help you feel better
- Explore specific topics that you choose (e.g., depression, anxiety, substance use, stress)
- Music for movement, relaxation and for expression of feelings



'FEEL GOOD' YOGA

2-hour feel good group work sessions using yoga to help:

- Achieve a greater connection with oneself (more awareness of what's happening on the inside)
- Tolerate bodily feelings and sensations
- Reduce stress



'FEEL GOOD' GARDENING

3-hour session to create a new urban, sensory, community garden. You will be able to:

- Socialise outside whilst being supported to increase confidence and positive mood
- Create a sense of calm
- Learn about how to manage difficult emotions, such as anger

Please check our website at lets-talk.scot or our social media for programme details



@letstalkyp



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