



Saturday 18th October 2025 1.30-4pm

Self-Caring Collective Open Day

Wellbeing group for 11-18 year olds

Little Havens | Benfleet | SS7 2LH

We're launching a new self-care and wellbeing group for secondary aged young people, 11-18yrs, who help to care for a family member who is or has been supported by Havens Hospices.

The group will run six times a year during the school holidays.

Young people interested are invited to our open day at Little Havens to share how you'd like the group to be. The Open day will include the chance to participate in self-care and wellbeing activities, meet others and have your voice heard.

Please rsvp your place by contacting cypwellbeing@havenshospices.org.uk

01702 220350

havenshospices.org.uk

Registered Charity Number 1022119

