



Havens  
Hospices



You  
belong.

Wednesday 18<sup>th</sup> February 2-4:15pm

# Self-Caring Collective Wellbeing group for 11-18 year olds

Little Havens | Benfleet | SS7 2LH

Our first session will focus on therapeutic journaling and there will be a special visit from Essex Therapy Dogs! Light refreshments will be provided.

The group is for secondary aged young people who help to care for a family member who is or has been supported by Havens Hospices.

Please rsvp your place by contacting [cypwellbeing@havenshospices.org.uk](mailto:cypwellbeing@havenshospices.org.uk)

Please note this will be on a first come, first served basis and places are limited to 12 young people.

01702 220350

[havenshospices.org.uk](http://havenshospices.org.uk)

Registered Charity Number 1022119

