

HEALTH AND WELLBEING SUMMER PROGRAMME

DOOR43
Sheffield Futures



Monday 28th July -
Friday 1st August

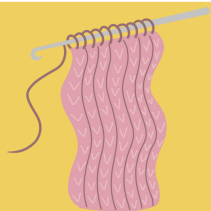


Ages 13-17

Join us for a week of free, creative and confidence-boosting workshops for young people. Try something new, connect with others, and explore ways to practice self care - all in a safe and welcoming space.



Scan to book
your free place



Monday
28 July

Arts, Crafts and Crochet
1PM - 3PM
Creative crafts to support relaxation,
focus, and wellbeing



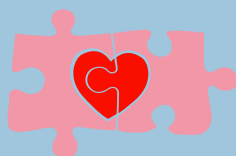
Tuesday
29 July

Movement and Exercise
1PM - 3PM
Movement to support expression,
emotions, and wellbeing



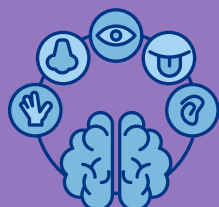
Wednesday
30 July

Art Therapy Taster Session
1PM - 3PM
Express yourself through creativity
and guided art-making



Thursday
31 July

**Understanding Healthy Friendships
and Relationships**
1PM - 3PM
Explore the qualities of safe, healthy
relationships



Friday
1 August

Sensory session
1PM - 3PM
Discover senses and explore sensory
needs and differences

Staff from our Counselling and Employability
teams will also be around to chat about their
services and answer any questions!



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your free place**