

# The creative Resilience Lab

Let's face it, everyone at some stage in their lives is going to be faced with something that they struggle with. Knowing how to get through these tricky times and 'bounce back' from them is really important for our health and happiness.

At OTR's Creative Resilience Lab we can inspire you to do just that, by exploring different creative activities each week and learning how connecting with our creativity can improve our wellbeing.

The Creative Resilience Lab will take you through a whole host of ideas about how to cope with stress, stay relaxed and discover strengths, whilst getting involved in some creative fun in a safe and chilled space with other young people.

This five-week group is open to young people aged 11-15 who live or go to school in the North Somerset area.

**FOR AGES 11-15**

**STARTS THURSDAY  
20TH APRIL FOR  
FIVE SESSIONS**

**6-7:30PM**

**YMCA CLEVEDON,  
MARSON ROAD,  
BS21 7NN**



**SIGN UP HERE**

[otrnorthsomerset.org.uk/creative-resilience-lab](http://otrnorthsomerset.org.uk/creative-resilience-lab)

