

# **Community Chill Out Zone (CCOZ) Winter Workshops for Young People**

**November 2023 - March 2024**

**CCOZ is a free mental health and wellbeing workshop that is delivered by Relate practitioners to young people aged between 11-17.**

**During the winter months we will be providing 1:1, one time workshops across Leicester, Leicestershire and Rutland.**

**Our workshops raise awareness of mental health and wellbeing support and include discussions and activities, including topics such as the early warning signs of anxiety, support networks, mindfulness coping strategies & resources.**

**To book your 1:1, one time workshop, you can contact us on :**

**0116 254 3011**

**reception@rllr.org.uk**

# **Relate**

**Leicester, Leicestershire & Rutland**