



The Teashop+

Our free 5-week wellbeing and mindfulness programme designed with young ethnic minority women, for young ethnic minority women.

mindaxis_

SCAN ME



www.mind-axis.com

If you are a young person aged 18-30 who...



Identifies as an ethnic minority woman



Is comfortable using a laptop or smartphone & access to a personal laptop or smartphone



Has good English speaking and reading skills



Has mild - moderate mental health concerns



Is able to attend all 5 in-person sessions

...then join us!

Sundays, 12.45 - 3pm

16th February, 23rd February, 2nd March, 9th March, 16th March

@Hounslow Arts Centre, London, TW3 1ES



We aim to create a safe space for young ethnic minority women to feel seen, heard and empowered.

Let's heal together.