Virtual Bounce Back Courses

Virtual Bounce Back

A Six Week Course helping young people to develop their emotional resilience.

[Some of the courses on this page are generously funded as part of The Early Help Programme.]

Do you know a young person who would benefit from a little bit of extra support during this difficult time?

Perhaps they would benefit from learning and developing coping strategies which will enhance their resilience, and enable them to better manage the challenges which they face – especially during the current climate?

If so, Bounce Back may be the course to help support them!

Bounce Back is a 6 week, youth emotional resilience course for ages 9-18.

The course teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

The course includes:

- An introduction to emotional resilience, get to know you games and activities
- Identifying support networks and understanding the importance of having a support network
- Understanding anxiety and how it can impact on you
- Understanding stress and how to tackle it
- The impact of relaxation on wellbeing & de-stress techniques
- Understanding decision making and how to make emotionally intelligent decisions

Courses Available For Ages 9 through to 18 (Funded By Kent County Council & The National Lottery Community Fund)

Bounce Back (Virtual) – Ages 9 – 13 | Running from 16th Nov – 21st Dec 2021 | 4pm – 5pm | Priority Access For Young People Living In Canterbury

To book spaces on any of the dates listed above, please use the form found below.

Bounce Back Course Sign Up Form

Fields marked with an * are required

Young Person's Name *

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Additional Support In Kent

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Mid Kent Mind Current Service Updates

- Changes To Livewell Kent Services From October 17th
- Gardening Group Ending – October 2021
- Mid Kent Mind Newsletter – October 2021
- Changes To Our Cafe Services

Mind Quality Mark

Mental Health Aware MHFA England

Young Person's Date Of Birth *

Parent/Carer's Email Address *

Parent/Carer's Phone Number *

Full Address *

Postcode *

GP Surgery *

Please explain any Mental Health Diagnosis your young person has. (If not applicable, please put 'N/A'.) *

Please provide any additional information which you think is relevant. *

Please choose which Session your young person would like to take part in. *

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Please tick box to consent to Mid Kent Mind holding these details in our records in line with GDPR and sharing anonymised data with the service funder and for promotional purposes. Zoom deliveries will be recorded for quality control and training purposes only and will not be shared. *

- ☐

Please tick box to agree your child has consented to take part in these sessions following our rules and using their

camera and microphone if on Zoom. *

☐

Submit

We are pleased to share that we are working in partnership with Kent County Council and The National Lottery Community Fund to offer Bounce Back courses virtually to young people in need of additional support.

These courses will be delivered through the virtual conferencing tool medium ZOOM (learn how to install ZOOM here), and will run for six weeks.

Find out more about all of our courses funded by Early Help by clicking here.

Made possible by

TESCO Bags of Help

COMMUNITY FUND

Kent County Council kent.gov.uk

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