

# THE AVOCADO PROJECT

UNCOVER YOUR TRUE NATURE



**Engaging mental health workshops for young people aged 9-13 yrs**



**Date**  
**Wednesday**  
**10th April**

**Location**  
**The Green**  
**Door Centre,**  
**Bosham**

**Price**  
**£35**

**Do you know a young person who...**

Struggles with anxiety?

Lacks self confidence?

Has difficulty setting personal boundaries?

Would benefit from some additional support?

Wants to understand more about their emotions?



# Easter Break 2024 Workshops



## Year 5 & 6

Wednesday 10th April  
**10:00 - 11:30**

## Year 7 & 8

Wednesday 10th April  
**13:00 - 14:30**

### What we will cover

- ✓ Understanding values
- ✓ Identifying strengths
- ✓ Setting boundaries
- ✓ Meeting self care needs

On completing this course young people will know themselves better, be able to manage in the moment and be working towards the life they need and deserve!

### About The Venue:

These courses will be held on our "Flow Rider" bus which is located at the Green Door Centre in Bosham. The bus is a relaxed mellow environment which young people love! It provides a welcoming space for learning and self-discovery.

The workshop will include a break with snack and hot chocolate on the bus.

To book your space email:  
**hello@theavocadoproject.co.uk**

