



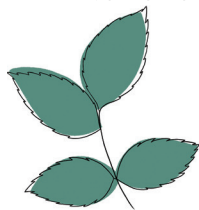


# RESILIENT YOUNGMINDS

Are you 18 to 35 years old?  
Do you live in North Dartmoor?  
Are you feeling lonely or isolated?

You are not alone.

Join us in Fingle Woods to improve your wellbeing  
and resilience whilst experiencing nature.



Session 1: **CONNECT** on Tuesday 8th June

Session 2: **EXPLORE** on Tuesday 15th June

Session 3: **NOTICE & RELAX** on Tuesday 22nd June

Session 4: **REFLECT** on Tuesday 29th June

Session 5: **COMMUNITY** on Tuesday 6th July

To be considered for the programme you must be able  
to commit to four out of five of the session dates.

Transport will be provided to and from Fingle Woods,  
with pick up locations in Chagford, Moretonhampstead,  
Black Torrington and Okehampton.

Working together



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