



scottish sports *futures*



for Scotland's mental health

Wellbeing Workshops

Workshops designed by young people for young people aged 11-25 to give a better understanding of the benefits of physical activity for Mental Health

5 Interactive wellbeing workshops on:

- What causes Stress?
- Motivation
- Social Interactions
- Anxiety
- Pressure



Themed weekly workshops

What causes Stress?

Week Beginning 15th June

Motivation

Week Beginning 22nd July

Social Interactions

Week Beginning 29th June

Anxiety

Week Beginning 6th July

Pressure

Week Beginning 13th July

Various workshops

Week Beginning 20th July

Various workshops

Week Beginning 27th July

For more information or to book your place on a workshop, please contact Stephanie@ssf.org.uk

Group bookings can be delivered upon request outwith scheduled workshops.

