



# Living Well North Tyneside

Supporting Health and Wellbeing



**Time:** 5:00pm - 6:30pm



**Cost:** No Cost



**Type:** Face to Face

**Weekly on Tuesday's 5pm-6:30pm @ Whitley Bay Big Local** Are you aged 16-25? This session is a safe space for anyone who identifies as neurodivergent. Come along and socialise with other young people and learn some healthy coping strategies!

We understand that for some neurodivergent people, life can be a challenge. We welcome you to our group which was created by young people who wanted to create a safe space for you to be yourself. You will have the chance to meet other young people who identify as neurodivergent through a range of activities, all of which are co-designed by young people for young people.


We run a relaxed and informal group where we socialise, get creative, we give you a chance to be listened to about things that are important to you - including special interests! There is also a chance for you to share your ideas about how we can run our sessions.



[young people](#) | [neurodivergent](#) | [mental health](#) | [support](#) | [discover me](#) | [discoverme](#)



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 <https://voda.org.uk/discoverme/>

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