



chat & chill

Are you aged 11-19 years?

Join North Yorkshire Youth for our Virtual
Chill n Chat Sessions

Every Thursday evening 6-7pm

Bring a cuppa and join our youth workers and other young people in our zoom chill n chat for an informal friendly chat and meet new people. We will also be joined by Matt from MIND occasionally to do some mindfulness exercises.

Email: jayne@nyy.org.uk for the zoom link

This year might look a little different but at times like this it is even more important that we stay in touch and talk.

A small conversation has the power to make a big difference.



time to change
let's end mental health discrimination



'To help children and young people realise their full potential by enhancing and improving our range of learning and development opportunities'

Adventure | Learning | Discovery