

# YOUNG SOMERSET'S

## Virtual Hub

Young  
Somerset

### WHAT IS THE VIRTUAL HUB?

The hub is a safe online space designed for young people and parents/guardians to find out about what support is available for you in your area.

We also have informative and interactive workshops on Instagram and Facebook every week, giving you the opportunity to ask questions and seek support. These are led by Young Somerset's team, providing professional advice and guidance on how to maintain positive Wellbeing, and look after your Mental Health.

Join in!

**HUB FOR YOUNG PEOPLE**

MONDAY & FRIDAY 16:00

**HUB FOR PARENTS**

MONDAY 16:00

INSTAGRAM: @YSWELLBEING FACEBOOK: @YOUNGSOMERSET



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