

# THE HANGOUT

## GROUPS AND ACTIVITIES

Young people of any age will be able to access us for **1-1 wellbeing and urgently needed support as well as signposting every day, 3pm-9pm.** Those wanting to stay for activities and connection should plan to come on their age group day. Our activity sessions are something different every week, from art to gaming, yoga or movie night.

<b>Monday</b>	<b>14-18 year olds</b> 3pm – 9pm
<b>Tuesday</b>	<b>11-13 year olds</b> 3pm – 9pm
<b>Wednesday</b>	<b>Structured wellbeing groups</b> <b>11-13 year olds</b> 4pm – 5:30pm <b>14-18 year olds</b> 6pm – 7:30pm
<b>Thursday</b>	<b>14-18 year olds</b> 3pm – 9pm
<b>Friday</b>	<b>11-13 year olds</b> 3pm – 9pm
<b>Saturday</b>	<b>Planned and drop-in 1-1s (including crisis) only</b> monthly big event/activity
<b>Sunday</b>	<b>Planned and drop-in 1-1s (including crisis) only</b> monthly big event/activity



To join email us at [hangout@platform.org](mailto:hangout@platform.org) to let us know in advance, or just come on the day. [platform4yp.org/hangout](https://platform4yp.org/hangout)

    @Platform4YP



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

PLATFORM

For young people | bobl ifanc