



# Step Forward

YMCA EAST SURREY

Aged between 17-24?

Join us here for support and activities for young people in the Surrey Downs area with mental health and emotional wellbeing needs.

- ▶ Sport/games/fitness
- ▶ Arts & crafts
- ▶ Mindfulness
- ▶ Cooking
- ▶ Gardening
- ▶ Support and advice

▶ Mondays | 18:00-20:00

▶ Cost: Free

▶ [stepforward@ymcaeast Surrey.org.uk](mailto:stepforward@ymcaeast Surrey.org.uk)



Funded by Surrey Downs Better Care Fund Grant Programme for people who live in/are registered with a GP in Surrey Downs area, specifically: Ashted, Banstead, Cobham, Dorking, Epsom, Esher, Leatherhead, Molesey & Tadworth.

# YMCA

Here for young people  
Here for communities  
Here for you