



SIGN UP  
HERE

ABSOLUTELY  
**FREE**

kooth  
**SPOKEN  
MINDS**

**HIDDEN THOUGHTS  
SPOKEN TRUTH**



# WE WANT TO HEAR FROM YOU

Want the opportunity to work with professional artists, flex your creativity, learn ways to manage your wellbeing, all while getting paid to do it?

Then we have the project for YOU

## MENTORING

## MUSIC

### MUSIC PRODUCTION

### LYRIC WRITING

Spoken Minds is a youth-driven mental health and creative arts programme that connects Black boys and young men (10–25) with wellbeing support through culture, creativity, and peer voice.

Your voices are what matter when it comes to shaping the future of mental health support and what that looks like for you and your community.

Check out all the chances to get involved

#### Session 1

Monday 16th February, 10:30–4pm

#### Session 2

Tuesday 17th February, 10:30–4pm

#### Session 3

Wednesday 18th February, 10:30–4pm

#### Session 4

Thursday 19th February, 10:30–4pm

#### Session 5

Friday 20th February, 10:30–4pm



**Venue: X7eaven Academy,**  
The Nexus Centre, 3 Snowberry Cl, E15 2AH

**JOIN THE MOVEMENT**

[explore.kooth.com/spoken-minds](https://explore.kooth.com/spoken-minds)

