

Youth Zone

07
Apr

🕒 4pm to 5pm
📍 2 Buckland's Wharf. [View map](#)

This is a wellbeing drop-in service for 12 – 25 year olds who want to chat, chill, take part in groups and classes or get 1-to-1 support, information or advice.

What can I expect?

Youth Zone is run by a team of support workers, there for a chat or to guide you through more complex concerns and put you in touch with specialists who can help with everything from drugs and alcohol, sexual health and money worries.

It's a friendly place to chill out with a board game or take part in one of the classes or workshops like Mindfulness with Clay or Coping with Stress.

You can also hang out to take advantage of the free facilities on site: Wi-Fi, laptop and phone charging, refreshments.

How do I access this service?

It's a drop in, so just turn up!

Youth Zone is open Tuesdays, Wednesdays and Fridays 3pm to 7pm

1st Floor, Ancient House, Central Kingston, KT1 1JS

Just drop in to use the main service. Call or email to book classes.

Age range

Age of users

From 12 years to 25 years

Organiser and contact details

Organiser

Mind in Kingston and Mind in Richmond

Email address

youth.service@rbmind.org

Phone

07568 227 688

Costs

Costs

Free

Event repeats

Repeats

This event repeats on the following dates:

- 7Apr
- 14Apr
- 21Apr
- 28Apr
- 5May
- 12May
- 19May
- 26May

Opening times

Days and times of activity / opening

Tuesday from 16:00 to 17:00 just drop in to use the main service. call or email to book classes.

Accessibility

Accessible building

Yes

Accessible toilets

Yes

Parking facilities

N/A

Dietary needs catered for

N/A

Staff have specialist training

N/A

We can remind you about this event

Please create an account or login to set up reminders for this event.

Location map