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## Youth Zone

### Organisation details

#### Description of activity

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. It is run by Mind Richmond and Kingston branches.

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

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

### Contact details

#### Contact name

Mind in Richmond and Kingston

#### Telephone

07568 227 688

#### Email address

[youth.service@rbmind.org](mailto:youth.service@rbmind.org)

#### Website

<https://www.rbmind.org/youth-zone/>

### Address details

#### Building name

1st Floor

#### Town

Kingston

#### Postcode

KT1 1JS

### Availability details

#### Days and times of activity / opening

<b>Tuesday</b>	from 15:00	to 19:00	just drop in to use the main service. call or email to book classes.
<b>Wednesday</b>	from 15:00	to 19:00	just drop in to use the main service. call or email to book classes.
<b>Friday</b>	from 15:00	to 19:00	just drop in to use the main service. call or email to book classes.

**How to access the service/activity**

Pre-book | Drop-in / Turn-up |

**Does a parent / carer need to stay on premises during activity**

No

**Is there a cost for this service or activity**

No

**Age range****Age of users**

From 12 years to 25 years

**Location Map**