



**Canal &
River Trust**

Making life better by water

Better by water - for 11-16 year olds

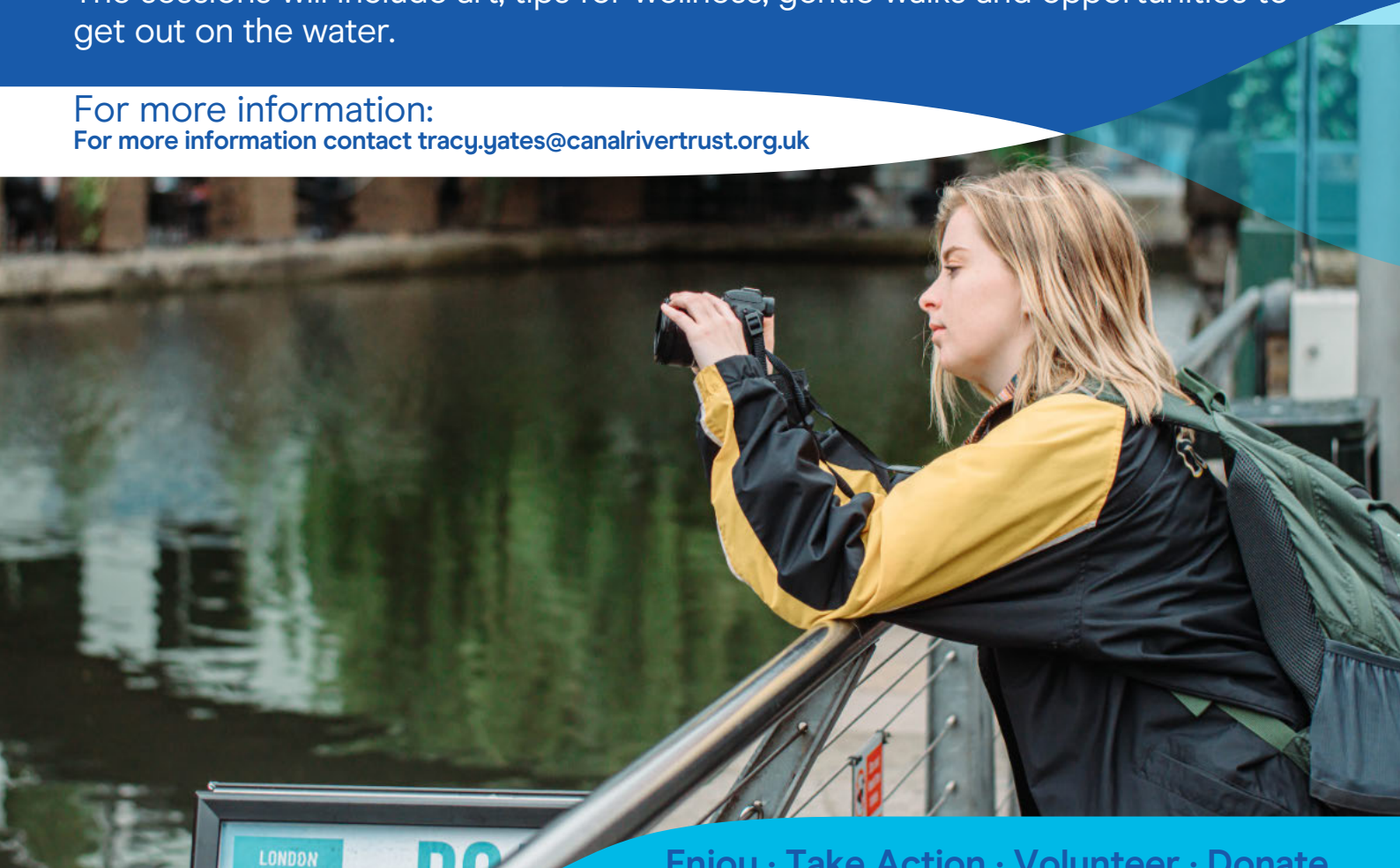
This 12 session programme is designed to support young people who are struggling with their mental health and wellbeing. Join us in a friendly welcoming environment.

**12 sessions, starting on May 7 and ending on July 23.
National Waterways Museum, Gloucester Docks**

The sessions will include art, tips for wellness, gentle walks and opportunities to get out on the water.

For more information:

For more information contact tracy.gates@canalrivertrust.org.uk



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Making life better by water

Canal & River Trust is the charity that works with communities to transform their local canals and rivers, creating places and spaces that can be enjoyed by everyone, every day

Charity No. 1146792