



Think Resilient

Think Resilient is a FREE program for anyone wanting to build their mental wellbeing and grow resilience. This program was developed by Girlguiding UK alongside Young Minds.

Sessions fit into your normal unit meeting time and are tailored to your groups needs. It also counts towards Be Well UMA minutes (Brownies 60, Guides/Rangers 90). Badge available!

To book a session, go to
<https://www.girlguiding.org.uk/information-for-volunteers/programme-and-activities/peer-education/book-a-peer-educator/>

