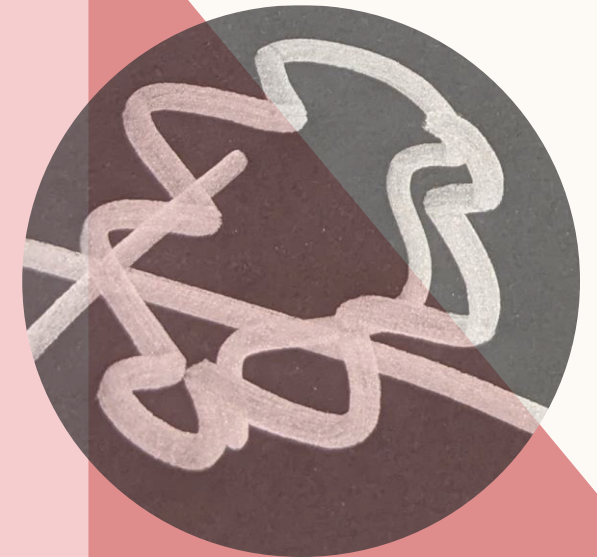
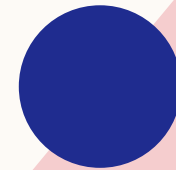
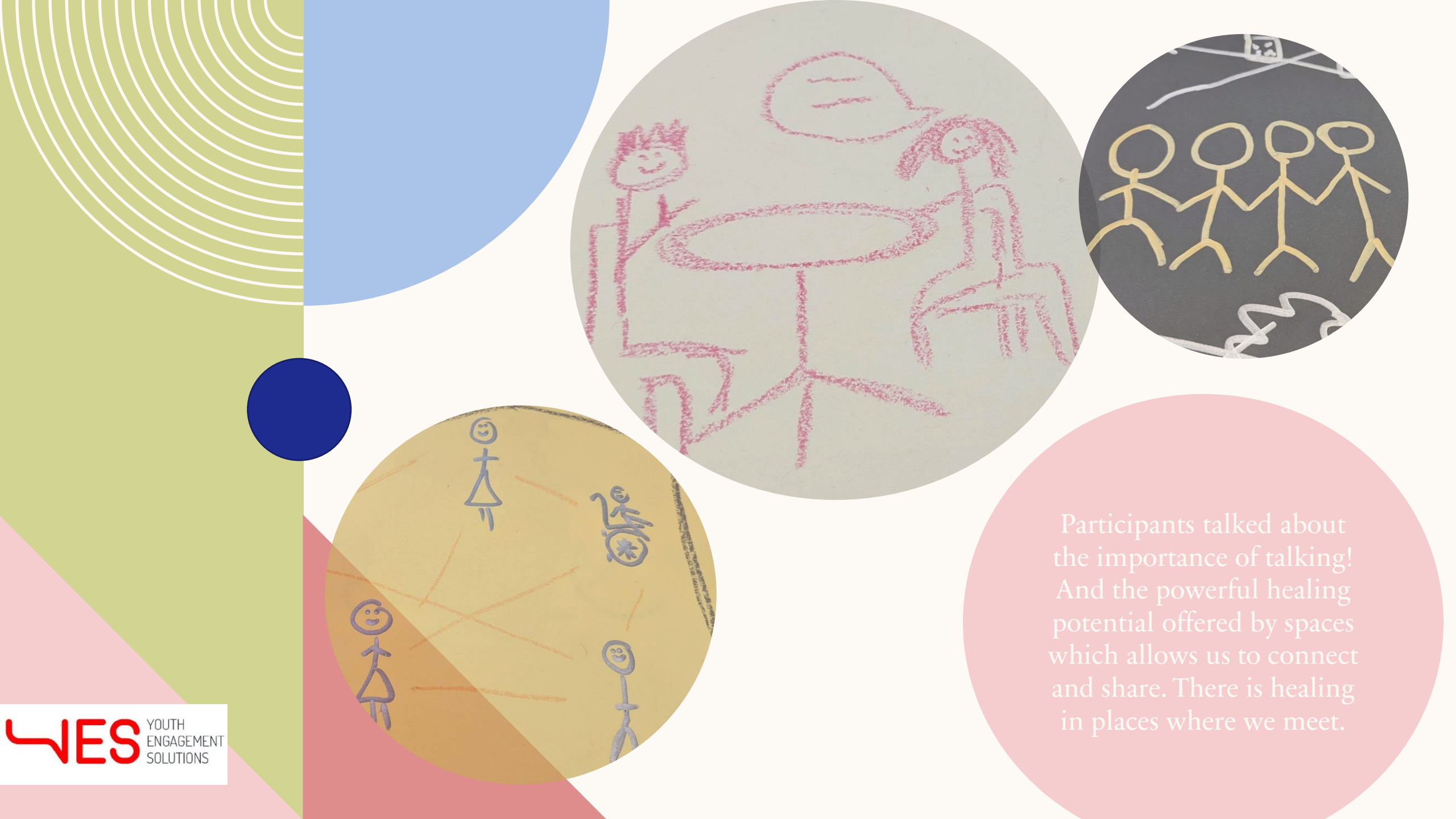


# IT'S GOOD TO TALK!

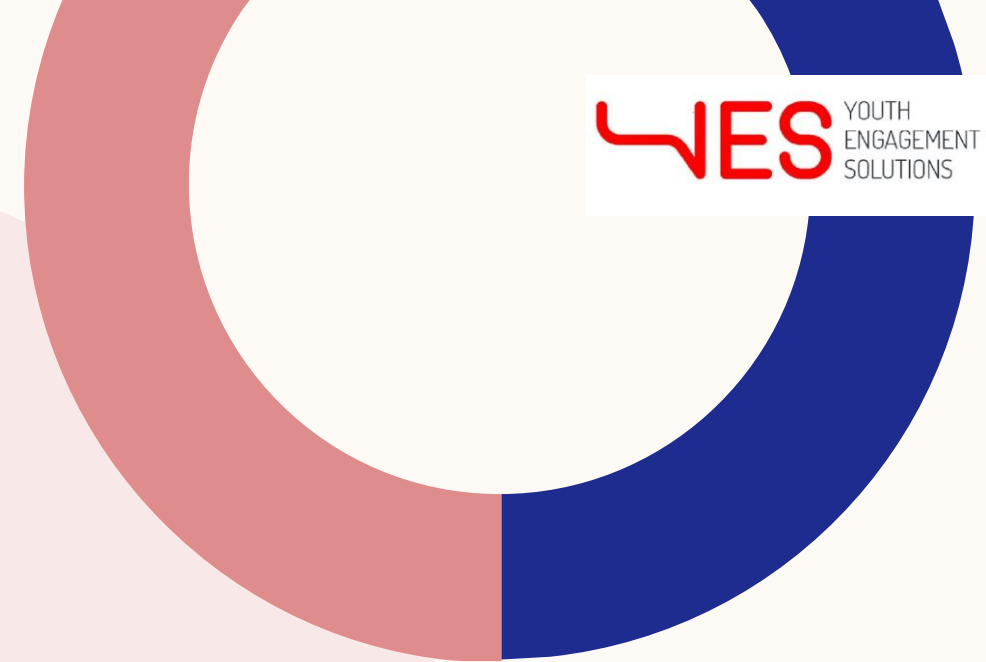
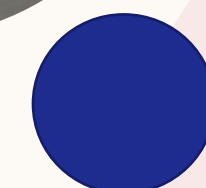
The first session of It's Good to Talk was held on the 27<sup>th</sup> of Feb at the Granville Centre. The session created a space for young people, specifically youth workers and young changemakers to talk about their mental health and wellbeing.

During the first session participants shared their expectations for the space. Participants imagined a space for dreaming, a space for creativity and a space outside their usual stressors and anxieties.





Participants talked about the importance of talking! And the powerful healing potential offered by spaces which allows us to connect and share. There is healing in places where we meet.



Participant also saw It's Good to Talk as a journey. A journey where we could meet regularly and guide each other to find pathways to being and feeling better in an oppressive world.



Beyond the amazing discussions,  
Daya Mangat from [Kooth](#)  
facilitated a powerful workshop  
on empathy and practices for  
youth peer support. We  
recommend you visit the  
[Kooth.com](#) to learn more about  
this amazing online mental health  
and wellbeing community.



# JOIN THE NEXT SESSION

The next It's Good to Talk session will be held on the 27<sup>th</sup> March 2023 at 16:30. Sessions are held at the Granville Centre (140 Carlton Vale, London NW6 5HE).