

# Free workshops for 10-19 year olds.



## 1 First aid

Help young people learn essential first aid skills using the everyday objects around them. The workshop aims to build their confidence and willingness to help someone in an emergency.



## 2 Empathy and migration

Young people can learn more about the people in their community. Help them challenge assumptions about migrants, asylum seekers and refugees, as well as develop mutual respect and understanding.



## 3 Coping with challenges

Young people face a variety of multi-layered challenges in their life. This workshop aims to provide young people with a resilience building framework to help them cope better with the challenges they face.

Find out more and book onto a workshop here: [redcross.org.uk/youth-workshops](https://www.redcross.org.uk/youth-workshops)

For further information please email  
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of kindness**