

YMCA EAST SURREY

WAVES

Wellbeing, Awareness
and Voice for East Surrey



Drop-in Youth Sessions

YMCA Sovereign Centre

Monday | 15:45-17:15

Slipshatch Road, Reigate RH2 8HA

Malthouse Youth Centre

Tuesday | 15:45-17:15

Mill Lane, Dorking, Surrey RH4 1DX

YMCA Banstead Children's and Youth Centre

Wednesday | 15:45-17:15

The Horseshoe, Bolters Lane,
Banstead SM7 2BQ

Horley Young People's Centre

Thursday (term time only) | 15:45-17:15

The Old Fire Station Surrey,
Albert Road, Horley, RH6 7JA

Harry's Youth Centre

Friday | 15:45-17:15

181-183 Station Road East,
Oxted RH8 0QE



At WAVES, we recognise that it isn't always easy to talk about our emotional and mental wellbeing. Fear about what others might say or not being taken seriously can often stop us from speaking out.

The reality is that you are not alone! One in 5 young people experience symptoms of anxiety, depression and issues with their body confidence and one in 10 have a diagnosable mental health issue.

If you are aged between 13-19 and are experiencing stress with school, family or friends, or just find it hard to cope with the challenges of everyday life, then pop in to the WAVES drop-in youth centre.

Our drop-in centre is a relaxed and informal space where you can talk in complete confidence to other young people who have experienced similar issues. Taking time to look after your mental health can help you to deal and cope better when times are bad, as well as improve how you feel about yourself and other people.



Find out more

If you are worried about how you've been feeling, you don't need to struggle on alone. Please get in touch.

T 01737 222859

E ella.sowton@ymcaeast Surrey.org.uk

www.ymcaeast Surrey.org.uk

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Reigate, Surrey RH2 8HA

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