



Discovery  
Project

# Free courses for Young Adults (18-25)

Summer Term 2026





# **Introduction to Anxiety**

In this introductory session we will explore what anxiety can look and feel like for us. We will then move on to looking at what can support us.

**1pm-2:30pm**

**Wednesday 10 June 2026**





# Tackling Loneliness and Making Connections

Across two sessions, we will explore what connection means and the difference between belonging and simply fitting in.

We'll look at how loneliness affects wellbeing and the common challenges young adults face. Together, we'll think about practical ways to overcome these barriers and build a stronger sense of connection in daily life.

**1pm-2:15pm**

**Monday 15 & 22 June 2026**





# **Safer Connections**

This one session introductory course looks at how safer, more meaningful connections can support our wellbeing as young adults today. We'll explore what helps connections to feel safe and respectful.

We'll also look at simple ways to navigate the common challenges of building and maintaining connections in the world today.

**3pm-4:30pm**

**Tuesday 7 July 2026**





**Scan to Sign Up**

