

Green Teens

A **FREE** 12 week garden programme for teen mental wellbeing.

For young people aged 10-18, who are struggling with social, emotional and mental health challenges.



Green Teens and the Teen Gardens

Our weekly Green Teen programme offers sessions in each of our TWO fab locations, giving **stressed, anxious and neuro-diverse teens**

the chance to experience the calming effect of nature, benefiting their mental wellbeing.



It's powerful and it works!



www.greenhub.org.uk/teens



The Green Hub
Project for Teens