

SPARC4YOUTH



SPARC4Youth is a youth group based in Stockport for people between 18 and 30 to connect with others that have similar mental health experiences. We provide group activities, one-to-one support, and a route to accessing SPARC's main service if applicable.

If you're interested, live in the Stockport area and have contacted a professional regarding your mental health (including your GP) contact us on 0161 429 9744 or send us an email at sparc4youth@gmail.com!

TUESDAYS

Every Tuesday, we will be holding a gardening group from 2:15-3:15pm in the SPARC garden. We'll try our hands at growing our own microgreens and tending to our very own SPARC4Youth plot!

It will be a great opportunity for members to meet face-to-face and enjoy time outdoors after spending so long in lockdown!



FRIDAYS

On Fridays, we will continue to run our 2-3pm Zoom group for members that are unable to or unsure about attending in-person sessions. We want to keep SPARC4Youth as accessible as possible, even as we move into a less restricted world.

These sessions will be a range of photography workshops supported by materials provided to our members by SazMedia; creative activities such as art and poetry; and fun, interactive games!



@SPARC_4_Youth



@SPARC4Youth



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