



Lighthouse Young People's Group

Lighthouse is our young people's group, aimed at those aged 18 – 30 year olds.

Based at the Luton Wellbeing Centre, Lighthouse is a space space that supports the mental health and wellbeing of young people. Groups are lead by a recovery worker and will include discussions around a variety of wellbeing topics including ways to build resilience and self care.

Session may also introduce different tools to support wellbeing including mindfulness and art.

The group runs weekly face-to-face from our Luton Wellbeing Centre.

How to access support

Referrals can be made by completing the referral form on our website.

For more information, please contact:

e: hq@mind-blmk.org.uk
t: 0300 330 0648

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