

FREE circuit  
exercise class  
at 6pm

# YOUTH

health & wellbeing

## SERVICE

**FREE CONFIDENTIAL ADVICE: MENTAL HEALTH - SEXUAL HEALTH  
MENSTRUAL CARE - WELLBEING - ALCOHOL AND DRUG USE  
HEALTH QUESTIONS ANSWERED BY HEALTH PROFESSIONALS**

ages  
12-17

**DROP-IN AT THE MIRIN,  
LAGOON LEISURE CENTRE  
EVERY THURSDAY 6PM - 8.30PM**

**[www.renfrewshire.hscp.scot/ypservice](http://www.renfrewshire.hscp.scot/ypservice)**