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## C – Connect (?? ??? ????)

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## **A – (be) Active (??? ??)**

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## **L – Let Out (your emotions by expressing your creativity) (?????? ???? ????? ?????? ???)**

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## **M – Meditate/Mindful (????????/????? ?? ????)**

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- [Childline](#)
- [Kooth](#)
- [Cus-Ed](#)
- [Mind Mate](#)

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 Asylum Migration and Integration Fund

 Refugee Integration Yorkshire and Humber

## Contact for WYR

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[@WelcomingYoungRefugees](https://twitter.com/WelcomingYoungRefugees)

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