

Mindfulness Workshop

Thursday 8th February 2024

Morning: 11.15am

Afternoon: 3.15pm

Mind Full, or Mindful?



Come along to our workshop on Thursday and find out about why being mindful can help us and our children to lead healthier lives and support their emotional wellbeing.

- What is mindfulness?
- Why is it important?
- How will it help me?
- What mindful activities can you do with your child?
- How will it help your child?

