



 Wellbeing
FOR YOU

SUPPORTING CHILDREN'S EMOTIONAL WELLBEING

Thursday 19th May 10:30 - 12:00

Via Zoom

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

Are you interested?

Booking via Eventbrite just click on the link below

<https://www.eventbrite.co.uk/e/332705409837>



www.hertsfamilycentres.org

 0300 123 7572