

Supporting the Emotional Wellbeing of Children and Young People using Creative Mindfulness



The Well-brahams invite you to a free Introductory Talk by Rachael Cox aimed at Parents, Grandparents and Carers. Rachael has considerable experience helping children address their anxieties using a Mindfulness Model, or as she describes it, 'Dealing with Big Emotions'.

Through creative activities and meditation, and aimed at specific age groups, Rachael can help young people **understand and manage their emotions, reduce their anxieties, increase self-compassion and kindness, and build positive, healthy relationships.**



The Wilbrahams' Memorial Hall
Tuesday 10th May
7.30 pm

All Welcome
There will be time for Q & A
and Refreshments

