

Parents well-being day

10th October

World Mental Health Day



A family fun morning with:

10-10.10.45: Prepare your mindfulness box

- ✓ Prepare some easy craft with the whole family to fill your box for mindfulness practice!

11-11.45 Mindful parents workshop

- ✓ Come along and learn some quick, easy technique you can use at home to be present to yourself, more calm, and happier

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