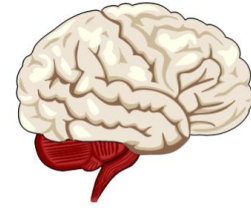


Grow your mind



An exciting NEW course that all parents are talking about!

Why did you like the Grow Your Mind course?

'It made me realise you're not on your own, even if you feel a bit worried or you do feel on your own, you're not. Feeling upset, feeling tired, not knowing what to do - it's all okay and we can help each other.'

Want to improve your mental wellbeing and travel new paths in life?

- Build resilience and self-esteem
- Become more confident
- Use mindfulness techniques throughout each session.

Thursday 16th, 23rd & 30th January, 6th & 13th February 2020

From: 1.00pm - 3.00pm

Where: The spare year 6 classroom

Please return slips **ASAP** by Thursday 9th January 2020

Grow your mind- HAFSL Spring Term- please return to the school office

Name: _____

Phone number: _____