

# Wellbeing Workshop



Feeling frazzled? Are you and kids struggling being stuck at home again? Want to learn some helpful and effective ways to support you and your family's wellbeing during lockdown? If so, read on...

We had such great feedback from the 6-week course with the lovely Gillian from AndBreath123 last term, that we've decided to run another course this term for you and ALL THE FAMILY (whilst the children are learning at home). Gillian is going to guide us through lots of calming techniques including mindfulness, breathing and yoga. Don't worry if you've not done anything like this before, as it's for all stages!



This will take place online every Friday,  
**10 – 11am from 22<sup>nd</sup> January – 26<sup>th</sup> March.**

If you're worried about fitting in school-work or google-meets, it's ok – just let your child's teacher know you're doing this on a Friday morning instead 😊

For more information or to book your place, please contact Ruth Hamilton (07387064465) or Helen Polson (07919300687), Family Learning Development Workers or message on Facebook (@Ruth Family-Learning or Helen Family-Learning).

\*Please note, this course is open to families in the Northfield and Mastrick areas.