

CHILDRENS SUMMER WELLBEING SESSIONS

Friendly and welcoming family group sessions for children aged from 4 to 11 and their parent/carer. These sessions offer the opportunity for children to connect with others while learning about key mental health topics through creative activities.

ST AUGUSTINES CHURCH, ROCK AVENUE, GILLINGHAM, ME7 5PW

SESSION 1: 9:30-11:00AM / SESSION 2: 11:30- 1:00PM

WEDNESDAY 4TH AUGUST

Session 1: Exploring emotions through 'Glitter Jars'
Session 2: Positive Affirmations using Chatter Boxes

Session materials will be provided, parent/carer must stay for the session

WEDNESDAY 11TH AUGUST

Session 1: Managing worries with 'Worry Monsters'
Session 2: Bereavement Comfort Kits/Memory Boxes

Session materials will be provided, parent/carer must stay for the session

WEDNESDAY 18TH AUGUST

Session 1: Managing worries with 'Worry Monsters'
Session 2: Exploring emotions through 'Glitter Jars'

Session materials will be provided, parent/carer must stay for the session

WEDNESDAY 25TH AUGUST

Session 1: Positive Affirmations using Chatter Boxes
Session 2: Bereavement Comfort Kits/Memory Boxes

Session materials will be provided, parent/carer must stay for the session

For further information or to book onto a session, please contact:

NORTH KENT MIND—01322 291380

rebeccasmith@northkentmind.co.uk



Registered Charity No.1103790

