

# Wellbeing Workshop



**FAMILY  
LEARNING**

Feeling frazzled? Struggling with the kids? Need a break? Want to learn some helpful and effective strategies to bring about a bit of calm for you and your family? If so, read on...

The lovely Gillian from AndBreathe123 is going to be facilitating a 6-week online course, focussing on mindfulness, breathing techniques and other ways to help support your and your children's wellbeing.



This will take place online every Thursday from  
**29<sup>th</sup> Oct – 3<sup>rd</sup> Dec, 10 – 11.30am.**

For more information or to book your place, please contact Ruth Hamilton, Family Learning Development Worker on 07387064465 or message on Facebook @ Ruth Family-Learning.

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