

MiniMe
mindfulness[®]
Mindset Coaching 4 Kids

**Wickford Primary
Care Network
invite their patients to:**



FREE Parent & Child 20 Week Course

**Exclusively for patients of:
Robert Frew Medical Centre
Swanwood Partnership
The London Road Surgery
Children 3-5 years
Starting: w/c 5 February 2024
Weekly term time only (45 mins)
@ New Life Church Crouch Valley**

**Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
Increase Inner Calm
& Happiness
Encourage Resilience
& Communication
Reduce Anxiety
Have FUN & Make Friends**



Tuesday 12:40 or Friday 10:40

Email: emma@minimemindfulness.co.uk Call: 07984 449843



MiniMe
Mindfulness®
Mindset Coaching 4 Kids

**Wickford Primary
Care Network
invite their patients to:**



FREE After School Club 20 Week Course

**Exclusively for patients of:
Robert Frew Medical Centre
Swanwood Partnership
The London Road Surgery
Starting: w/c 5 February 2024
Weekly term time only (45 mins)
@ New Life Church Crouch Valley**

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Tuesday (4-7yrs) & Thursday (8-11yrs) 3:55

Email: emma@minimemindfulness.co.uk Call: 07984 449843