

Wellbeing

A four week, fun, interactive workshop for parents and carers.

This course provides learners with the skills, confidence and knowledge to enhance their physical and mental wellbeing.

The sessions are short, interactive and fun, including ice-breakers, group work, scenarios, games, video clips and discussions. Sessions will develop your understanding of wellbeing, active lifestyles, enhancing friendships and mindfulness.

The course runs on Fridays from 25th February to 18th March 2022 between 09:30 and 11:15am. For more information please pop in and talk to the centre staff, email bigginhillcfc@bromley.gov.uk, call 01959 571 694, or visit www.bromley.gov.uk/bromleychildrenproject