



Online Well-Being Session

Extended Lockdowns have been really hard on everyone's mental health. Join us for a well-being session where we will learn about regulation strategies, create a well-being plan and so some simple art activities.

Booking Link: <https://www.trybooking.com/BTUNB>

- **Children (6-12yrs) 4pm Tuesday 31st August**
- **Young People (13-17yrs) 4pm Wednesday 1st September**
- **Parents 8pm Tuesday 31st August**
- **Adults 8pm Wednesday 1st September**



FREE via ZOOM

For Further information contact Bec at: rebeccafilliponi@gmail.com

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