

Mindfulness Morning

ADULT EDUCATION
& COMMUNITY
LEARNING



Calling all
Families!

Come and take some
time out with us
this halfterm.

Wed 26th Oct
9.30am - 12.30pm

- Breathing buddies
- Mindfulness (colouring)
- Positive activities & Positive thinking
- Calming crafts
- Worry dolls
- Yoga & relaxation room
- Free healthy snacks & drinks
- Wellbeing techniques with Mel Holliday author of *Breathe with Bruce*
- Support services available to talk to, i.e. school nurses, CAMHS & Mind



Bring a sock to
create your own
sock buddy!

 Ashby Community Hub
Ashby High Street
Scunthorpe
DN16 2UT

North
Lincolnshire
Council

Family Learning
Festival 2022
15-30 October


Rotherham Doncaster
and South Humber
NHS Foundation Trust



Creative Therapy
For Children & Young People