

Mindfulness Morning

Calling all Families!
Come and take some time out with us this half-term



FAMILY
LEARNING FESTIVAL

Thur 26 Oct
10am – 1pm



Ashby Community Hub
Ashby High Street
Scunthorpe
DN16 2UT

- Try yoga and mindfulness
- Create your own worry dolls
- Story telling
- Active games
- Have a go at meditation

- Make a stress ball
- Scavenger hunt
- Healthy cooking
- Plus more!

A range of support services will be available to talk to including CAMHS, the School Nursing Team, and Mind.

Free healthy snacks and drinks are available + the first 150 families will receive a **free** goody bag!

Ofsted
Good
Provider

ADULT EDUCATION
& COMMUNITY
LEARNING

**North
Lincolnshire
Council**



Creative Therapy
For Children & Young People

NHS
Rotherham Doncaster
and South Humber
NHS Foundation Trust

northlincsadulteducation.co.uk