



A free event for families

# ADDITIONAL NEEDS WELLBEING DAY

Monday 28th October 10.30-14.00

Join us for this relaxed but informative day. Book onto one or more free parent/carer workshop; meet with specialist therapists, services and a range of agencies. Drinks and a picnic lunch will be provided, or feel free to bring your own - Nourish Wholefood Cafe will be open throughout the day.

**10.30-14.00**

Information stalls, presentations and “meet the therapist”

**11.15-12.00**

Workshop 1: Mindfulness for parent and child (year 5 upwards)

Workshop 2: Create and Make, exploring feelings and communication skills through art, music and drama (ages 5-7)

**12.00 -14.00**

Picnic Lunch (refreshments served throughout the day)

**12.15-13.00**

Workshop 3: Five Ways to Wellbeing; interactive session for parent and child (ages 5+)

**13.15-14.00**

Workshop 4: Yoga for parent and child (ages 5-11)

Workshop 5: The Journey, exploring feelings and communication skills through story and adventure using art and drama (ages 8+)

Entry and sessions are free; booking is recommended due to limited places

**To book: <https://www.additional-needs-wellbeing-day.eventbrite.com/>**

Venue: The Letchworth Centre for Healthy Living, Rosehill, Hitchin Road, Letchworth, Herts. SG6 3NA (ample free parking)

