

wellbeing

sessions



Time4Hope would like to offer parents who live in Stratford and have children and young people with additional needs, 6 wellbeing sessions on:

Mindfulness
Reflexology
Meditation
Laughter Yoga
Healthy Eating
Relaxation

Sessions begin on 28th June 2019

At Foundation House,
Masons Road,
Stratford,
CV37 9NB

Please contact Nilam on 07761 398041

Email nilamgill@btinternet.com



A small affordable is required after the sessions. funded by