

Mindfulness for Children and Parents

Mindfulness can benefit everybody. Research shows that it can help to lower stress, reduce anxiety, enhance self-confidence and improve concentration.

Learning Mindfulness together with your child on this fun and interactive course will benefit you both — enabling you to support each other in putting Mindfulness into practice in your daily lives.



Children who have completed the course have said :

*“The Mindfulness course has made me a better person”,
“Mindfulness helps me to think before I react”, “Mindfulness
helps me to get to sleep”*

Where: **The Letchworth Centre for Healthy Living,
Hitchin Road, Letchworth, SG6 3NA**

For whom: **7-11 year olds and their parents/carers**

When: **Fridays 17.00-18.30 starting 1st February**

For more information and to book visit;

www.letchworthcentre.org/classes/mindfulness-for-child-and-parent/

or call **01462 678804**

**THE LETCHWORTH
CENTRE FOR
HEALTHY LIVING**

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