SUPPORTING MENTAL WELLBEING MINDFUL BR



Nurture

Optimism

Creative

Partnership

Adaptable

PROGRAMMES WHERE CHILDREN AND THEIR SUPPORTING ADULTS LEARN:

the building blocks for emotional intelligence and resilience. knowledge and skills to be self-aware and to selfregulate.

practices within the field of psycho-education, mindfulness, yoga philosophy and Neuro-Linguistic programming. through creative, practical and age/stage appropriate activities which are tailored to meet the needs of the group.

More information on all programmes can be found on the Mindful Brain website:

www.mindfulbrain.co.uk An overview of our family programmes:

For parents:



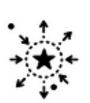
THE BIG A ANXIETY WORKSHOP

Specialist training focusing on anxiety in children.

4 week online course for parents.

£99 per participant.

Sign up: www.mindfulbrain.co.uk/usefullinks



A MINDFUL RESPONSE TO BEHAVIOUR

1:1 coaching with parents Online or face to face

Prerequisite: Completion of the Big A Anxiety Workshop £72 per session for 2 parents/carers (advised a minimum of 4

sessions)

Email: katie@mindfulbrain.co.uk

"Empowering children to lead happy lives."

SUPPORTING MENTAL WELLBEING AT HOME



Nurture Optimism Creative Partnership Adaptable

An overview of our family programmes:

For families:

THE SUPER HERO PROJECT



1:1 with a family 12 week programme for children and their supportive adults in the primary phase.

£840 + £24 per resource kit

Session take place face to face at Mindful Brain

Sign up: katieemindfulbrain.co.uk

THE SUPER HERO PROJECT



1:1 with a family

12 week programme for young people and their supportive adults in the secondary phase.

£840 + £24 per resource kit

Session take place face to face at Mindful Brain

Sign up: katieemindfulbrain.co.uk

GET CREATIVE! GET CALM! BRAINOLOGY, MINDSET TRAINING THROUGH YOGA



These are community programmes and are advertised on Facebook, Instagram and here: www.mindfulbrain/usefullinks.



If you are interested in a programme and no up and coming dates are available, email katie@mindfulbrain.co.uk.



We also work in collaboration with community groups such including dance groups, Brownies, Scouts, Duke of Edinburgh, festivals and wellbeing events.

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