

# SUPPORTING MENTAL WELLBEING AT HOME



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 self-regulate.

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](http://www.mindfulbrain.co.uk)

### An overview of our family programmes:

For parents:

	<p><b>THE BIG A ANXIETY WORKSHOP</b>                  Specialist training focusing on anxiety in children.                  4 week online course for parents.                  £99 per participant.                  Sign up: <a href="http://www.mindfulbrain.co.uk/usefullinks">www.mindfulbrain.co.uk/usefullinks</a></p>
	<p><b>A MINDFUL RESPONSE TO BEHAVIOUR</b>                  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: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>

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## An overview of our family programmes:

For families:

	<p><b>THE SUPER HERO PROJECT</b>          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: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>
	<p><b>THE SUPER HERO PROJECT</b>          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: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>
  	<p><b>GET CREATIVE! GET CALM! BRAINOLOGY, MINDSET TRAINING THROUGH YOGA</b>          These are community programmes and are advertised on Facebook, Instagram and here: <a href="http://www.mindfulbrain/usefullinks">www.mindfulbrain/usefullinks</a>.</p> <p>If you are interested in a programme and no up and coming dates are available, email <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a>.</p> <p>We also work in collaboration with community groups such including dance groups, Brownies, Scouts, Duke of Edinburgh, festivals and wellbeing events.</p>

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