



MENTAL HEALTH AFTERSCHOOL CLUB:

An ASC club full of engaging and fun activities to aid children's mental health and wellbeing



Topics Include:



- Mindfulness
- Breathing Exercises
- Understanding and Managing Emotions
- Self Awareness and Self Respect
- Resilience
- Friendships
- Implementing a Growth Mindset



Spaces on a first come first serve basis.

Can't wait to see you there!



£5 per week

CONTACT US



07584 518611



hello@becalmfoundation.co.uk



www.becalmfoundation.co.uk