

Feeling Good

with Patricia
Robert Owen Children's Centre



QUAGGY DEVELOPMENT TRUST
Improving the lives of
local children and families



Wednesdays
1.00 - 2.30
for 6 weeks
Starting
9th Nov 2022

Join Patricia as she gives you an insight into ways to feel good. You will learn about everyday simple tools to help reduce stress, anxiety and uncertainty in order to stay calm, reset and refresh.

Limited creches spaces.

Call 020 8465 9785 to book

£1 per child payable at session

'I found the course really helpful. All the breathing exercises I was taught have helped with my anxiety



www.quaggydevelopmenttrust.org

020 8465 9785

Robert Owen Children's Centre,
43 Commerell St, London SE10 0EA