

# Feeling Good

with Patricia  
Pound Park Children's Centre



QUAGGY DEVELOPMENT TRUST  
Improving the lives of  
local children and families



**Wednesdays**  
**1.00 - 2.30**  
**for 6 weeks**  
**Starting**  
**11th Jan 2023**

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](http://www.quaggydevelopmenttrust.org)

020 8465 9785

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