



MINDFUL FAMILY SESSIONS



Session 1: Tue 23rd April 1.30-3.30pm & repeated at 6.30-8.30pm

This session will focus on what 'mindfulness' means and our school councillor Alison Triste and Nikki Powell from Relax Kids will be providing strategies and guidance for parents/carers to use at home for the whole family!

Session 2: Tue 30th April 1.30-3.30pm & repeated at 6.30-8.30pm

Bolton's Healthy Lifestyle/Healthy Schools Team will be sharing information covering relationships and puberty, and the importance of healthy diets, exercise and hygiene from birth to adolescence.

Session 3: Tue 7th May 1.30-3.30pm & repeated at 6.30-8.30pm

Bolton Behaviour Support will be offering a whistle stop session on Mindful behaviour management tips to promote positive parenting and maintain a calm atmosphere in the home.

INTERESTED?

REFRESHMENTS WILL BE AVAILABLE

If you would like to sign up to this amazing series of workshops (with a maximum of 2 adults per family) please click on the link below.

For the **afternoon** 3 sessions:

<https://www.eventbrite.co.uk/myevent?eid=58742913636>

For the **evening** 3 sessions:

<https://www.eventbrite.co.uk/myevent?eid=58800401584>

The places are free and are funded by FOM and the National Lottery. We just ask that you do not bring children with you and can commit to attend all 3 sessions.

The tickets are allocated on a first come first served basis.

For further information Tel: 01204 333 556 or email: info@mytham.bolton.sch.uk