



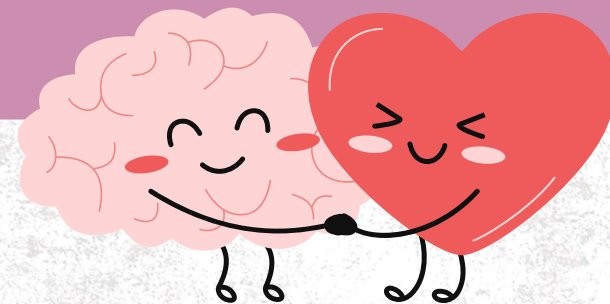
BE KIND TO YOUR MIND

A supportive session designed to help children understand their thoughts and feelings and build confidence. Take part in creative activities and discussion to help young people learn that being kind to their mind is an important part of their wellbeing!

Tuesday 28th July | Tuesday 11th August

Cotwall End Primary School

10:00am - 12:00pm



For additional information or brief sign up form to register your attendance, please email
bchft.reflexions@nhs.net