

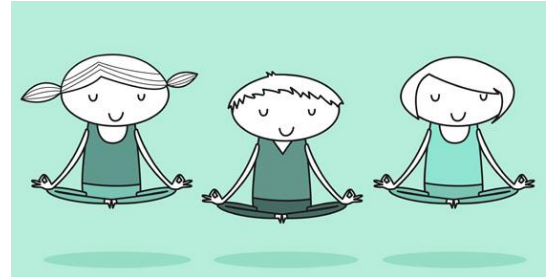
Family Learning are offering a free online workshop called

Developing mindfulness and self-esteem in your children

This will be a one off online session via Zoom (once you have enrolled an invitation will be sent).

Tuesday morning

16th March



Starting at 10:00am and finishing approximately 11:30am

Mindfulness is about developing self - awareness, coping skills and self - acceptance as well as improving self - control, managing emotions and increasing focus and attention.

During this session we will be looking at:

What is mindfulness?

What are its benefits?

How can we help our children to be mindful?

Hope to see you there!

To enrol on this workshop or if you have any queries please email:

TheLearningPlace@portsmouthcc.gov.uk