

KPCV at Stockbridge Village Primary School

5 FREE workshops to help you understand and manage your own emotional health

Tuesday 14th January 9:30-12:30 POSITIVE THINKING

Tuesday 28th January 9:30-12:30 SELF CONFIDENCE SELF ESTEEM

Tuesday 11th February 9:30-12:30 RESILIENCE

Tuesday 3rd March 9:30-12:30 STRESS BUSTERS

Tuesday 17th March 9:30-12:30 SELF CARE & SELF LOVE

Booking is essential Debs 07876597947

12MILLIONMINDS the home of emotional health