



For children aged 5-11 years

RELAX KIDS



Helps with Emotions



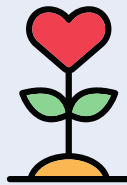
Builds Confidence



Reduces Anxiety



Builds Friendships



Improves Self-Esteem

Created for children and young people who feel like they need more support with managing their emotional health and wellbeing.

To register your interest, please speak to a member of the team from Family Hubs or Growing Healthy Northumberland 0-19

For children aged 5-11 years



RELAX KIDS

- helps with emotions
- builds confidence
- improves self-esteem
- reduces anxiety
- builds friendships
- and much more...



Created for children and young people who feel like they need more support with managing their emotional health and wellbeing

4 WEEK COURSE

To register your interest, please speak to a member of the team from Family Hubs or Growing Healthy Northumberland 0-19

In partnership with



For young people aged 11-18 years

CHARGE UP

- helps with emotions
- builds confidence
- improves self-esteem
- reduces anxiety
- builds friendships and more...



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4 WEEK
COURSE

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CHARGE UP

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COURSE

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