

For children aged 5-11 years

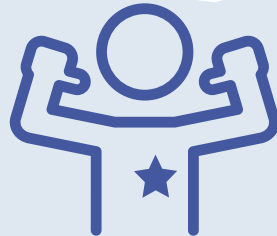
Created for children and young people who feel like they need more support with managing their emotional health and wellbeing.



RELAX KIDS



Helps with Emotions



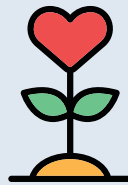
Builds Confidence



Reduces Anxiety



Builds Friendships



Improves Self-Esteem



TO SIGN UP

- Speak to a team member from Growing Healthy or Family Hubs.
- Scan the QR code to complete an Early Help support request OR Northumberland Growing Healthy 0-19 Service (NHS) request form.

In partnership with



For children aged 5-11 years



**4 WEEK
COURSE**



RELAX KIDS

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



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

For young people aged 11-18 years

CHARGE UP

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

4 WEEK COURSE



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