

WELLBEING

REFUGEE SUPPORT*

*BRP card required

Wellbeing is now more important than ever. Join us for a one-to-one session that will help you to build self-care into your daily routine.

You can choose from the following online sessions:

- Mindfulness and Meditation
- Gentle exercise for wellbeing
- Absorb Nature
- Parent and Child natural play (aimed at parents with children aged 3-11)

In order to take part in a session you will need access to a computer or smartphone.

BOOK A PLACE...

For more information, contact Bitenge

Mobile: 07946480176 (SMS, Whatsapp, Call)

Email: bitenge.makuka@groundwork.org.uk

circle
www.groundwork.org.uk/circle

