

Breathing Space Therapeutic Services CIC offers ....

# Wellness

through the

# Wilderness

heart of england  
COMMUNITY FOUNDATION



Supporting the emotional & mental health of local families throughout the lockdown ....

Support groups as follows:

## Tuesday

10am-12pm: Ages 5-11 years

1pm-3pm: Targeted Support (referral needed)

## Thursday

10am-12pm: Family session

1pm-3pm: Targeted Support (referral needed)

Sessions will incorporate woodland walks, therapeutic group work and creative arts activities

Fully Covid risk assessed with stringent safety measures in place

Limited spaces available - booking essential

**Cost: Free** - thanks to generous funding from the Heart of England Community Foundation

Based at Baggeridge Country Park & delivered by qualified counsellors

For more information and bookings contact:

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