



GROWING WITH CALM

## MINDFULNESS & MEDITATION CLUB

Learn mindfulness through games, crafts and relaxation. Help to develop confidence, take care of your mental health, build self esteem, and improve focus and relationships with others in a small and friendly group.

Mindfulness benefits everyone but can be especially beneficial for children that:

- ✧ Struggle with their emotions
- ✧ Find it difficult to fall asleep
- ✧ Experience low self esteem or anxiety
- ✧ Lack concentration
- ✧ Need help with change

Here are just a few comments from children that attend the club, and their parents:

'I look forward to coming to meditation every week. When I'm with Alison I feel relaxed and calm. I recommend this to anyone who has sleeping problems, troubles or anything like that. To me mindfulness is an important time to let my body free. I have used meditations as an escape to think about happy things'

'Mindfulness is good for calming you down if you are stressed or angry and can also be used if you are trying to get to sleep. It is very relaxing and gives you a chance to express your emotions.'

'My daughter has been learning meditation and mindfulness with Alison and it has been having a very positive effect on her wellbeing. Mindfulness is so important in developing good mental health and Alison is such a great teacher, especially with children.'

If you have any questions, please contact Alison at the details shown below:

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