

Anxiety: Gut-Brain Connections

How can my child's gut be affecting her anxiety?

- Cost: £17.50
- Date: 22nd Nov @ 6.30pm
- Venue: Via Zoom

Support Group

- Cost: £1 (+ Fees)
- Date: 18th Nov @ 10am
- Venue: Via Zoom

NOVEMBER EVENTS

Building Emotional Literacy through Music & the Bounce Scale



- Cost: £5 (+ Fees)
- Date: 15th Nov @ 6pm
- Venue: Via Zoom

Letting Go

Weekly Workshops to
Release Emotional
Overwhelm

- Cost: £5
- Date: Saturday's @ 11am
- Venue: Via Zoom