



## 🌿 Mindfulness & Wellbeing Workshop for Parent Carers and Young People (16+) with Special Needs 🌿

Take a moment to pause, breathe, and reconnect in a gentle, inclusive mindfulness session designed especially for parent carers and young people aged 16+ with special educational needs or disabilities.

🧠 Led by a qualified Mental Health & Wellbeing Practitioner, this calming session will include:

- ✨ Guided Breathwork to ease tension
- 🌍 Grounding Techniques to help you feel steady and supported
- 🌈 Spoken Visualization to relax the mind and encourage inner peace

### All Online sessions 7-8pm



**15th May**

**5<sup>th</sup> June**

**12<sup>th</sup> June**

**3<sup>rd</sup> July**

**10<sup>th</sup> July**



Please book your **free** tickets here  
<https://www.tickettailor.com/events/hpcn>

