



Supporting children,
young people and families

FREE 5 Session Course! "Exploring Mindfulness" St Nicholas Centre

Monday 14th, 21st January 2019

9.15am-12.15pm

28th January, 4th & 11th February 2019

9.15am-2.15pm



**Learn how mindfulness can help relieve stress
and improve your wellbeing**

For more information or to reserve a space contact

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