



Wellbeing matters

For 7 to 11 year olds

A one-day workshop during the February half-term for primary-aged young people.

Topics will include your wellbeing, emotions, self-esteem, resilience, and relationships with others.

Spaces are limited, secure your place now!

Scan/press the QR code to secure your place or for more information

If you need help completing the form or registering your interest please email:

familyhubgroups@buckinghamshire.gov.uk or call **01296 383293**.



Berryfields Family Centre

Monday 17 February 2025 | 9:30am to 2:30pm



Mapledean Family Centre Plus

Wednesday 19 February 2025 | 10am to 3pm

Proud to be part of

**Family Hub
Network**
Buckinghamshire

**SCAN
ME!**

