






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

Online sessions 7-8pm

- **3rd July - Breathwork and grounding tools**
- **10th July - Mindfulness and Visualisation**



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

