



**COUNSELLING  
MATTERS BEXLEY**

# MINDFULNESS GROUP FOR CHILDREN AND YOUNG PEOPLE

We invite you to explore a variety of mindfulness and wellbeing practices to develop self awareness, emotional literacy and create a tool box full of effective coping mechanisms and healthy habits.

Each session includes creative activities, games and crafts, to remind us that looking after our wellbeing doesn't have to be boring

♥ **Commencing 30th January 2026**  
**Every Friday from 5-6pm**  
**at the Family Hub, 105 West Street, Erith, DA8 1AW.**

♥ Parents and carers are welcome to join the group.

Some comments from parents about mindfulness with our practitioner Kerry:

♥ Thank you so much for your sessions Kerry. You did make a difference in her life. She certainly rates your service 5 stars.

♥ I am so grateful for the support our son received from Kerry. He struggled with anxiety and his emotions and the difference we've seen in him is amazing.

♥ "Your help is invaluable. M tells me that you make her feel better, you also do a brilliant job of adapting your sessions to meet her needs."

*Get in touch to find out more or to book a place*

0800 047 2600

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