



ONLINE MINDFULNESS GROUP FOR YOUNG PEOPLE

A calm, supportive online space to
build emotional strength and wellbeing



Explore:

- leaf icon Self-awareness
- speech bubble icon Emotional Literacy
- heart icon Healthy Coping Skills
- checkmark icon Positive Habits



GROUP DETAILS:

- calendar icon Every Wednesday
- clock icon 6:00 – 7:00 pm
- laptop icon Online
- play button icon Starting 28 January 2026

WHAT PARENTS & CARERS SAY:

- star icon "You did make a difference in her life. 5 stars!"
- heart icon "The difference we've seen in him is amazing."
- speech bubble icon "You make her feel better and adapt sessions to meet her needs."

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

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