





ONLINE MINDFULNESS GROUP FOR YOUNG PEOPLE

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



Explore:

-  Self-awareness
-  Emotional Literacy
-  Healthy Coping Skills
-  Positive Habits



GROUP DETAILS:

-  Every Wednesday
-  6:00 – 7:00 pm
-  Online
-  Starting 28 January 2026

WHAT PARENTS & CARERS SAY:

★ “You did make a difference in her life. 5 stars!”

♥ “The difference we’ve seen in him is amazing.”

💬 “You make her feel better and adapt sessions to meet her needs.”

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

0800 047 2600

marie@counsellingmattersbexley.org

www.counsellingmattersbexley.org