

Are you curious about Mindfulness? Interested to build some calm and space in your everyday life? Interested to develop mindfulness with your children/grandchildren?



Our organisation WISE KIDS is delighted to be offering a FREE Online Family Mindfulness Programme for Adults/Parents/Grandparents in Blaenau Gwent. To find out more come along to one of our taster sessions: To find out more, come attend one of our taster sessions. Register here: <https://forms.gle/drqSroUcGRc8mzLeA>



WISE KIDS 'Finding Space'

A Mindfulness-based Social Emotional Learning Programme for Families (Parents/Carers and their Children/Grandchildren) to gain practical insights into how a mindfulness practice can bring ease and relieve stress in everyday life and improve wellbeing. Also how to develop mindfulness with their Children/Grandchildren. (With support from the Regional Integrated Care Fund)

