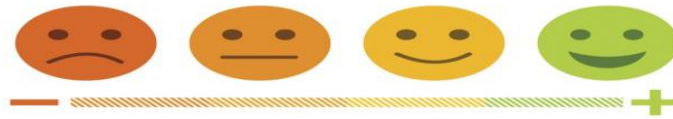




Children's Programme

Ages 8-12

6 week programme: March 1st and every Tuesday @ 3:15pm-4:15pm.



This programme will be facilitated by our Family Support Worker using movement, music, arts and crafts and relaxation techniques to:

- **Build self-esteem**
 - **Recognise and regulate emotions**
 - **Introduce coping strategies**
- And much more!!!!**

If you are interested in a space on this programme for your child contact:

Family Support Worker: Diana on: 062-63622 **Spaces Limited!!!!**