



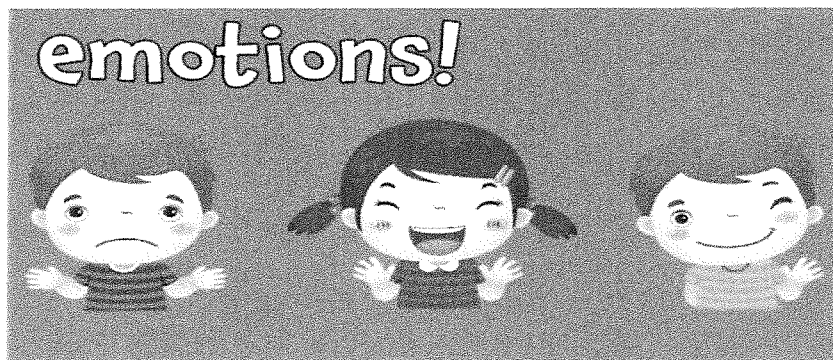
CHILDREN'S PROGRAMME

Junior group(6+) Senior group(9+)

Starting Tuesday 5th October 2021

Junior group 3.15 – 4.15pm

Senior 4.30 – 5.30pm



This programme will be facilitated by a member of our in-house counselling team using movement, music, arts & 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: Fiona on: 062/63622 or email: fhayes@spafieldfrc.ie

SPACES LIMITED!!!!