

**Summer Holiday Ready?**

Mindfulness session for parents of children with SEND

(No charge)



Bridges for Learning Plus CIC (Educational Psychology) continues to be committed to providing free training for parents of children with SEND.

This year we are offering a pre-summer holiday session on Mindfulness.

It will be a purely practical session with lots of ideas for you and your children.

**Friday 8th July 2016**

**10.00-11.30 am**

**Quay Arts Centre**

**Seminar Room**

**To book a place please email** [**contactb4l@gmail.com**](mailto:contactb4l@gmail.com) **or complete on-line form on our website** [**www.bridges4learning.co.uk**](http://www.bridges4learning.co.uk)