



# FLOURISHING FAMILIES PLAYGROUP

## FOR FAMILIES WITH CHILDREN AGE 0-5

Why not try an exciting new playgroup based in Mere Green Sutton Coldfield? This is a playgroup with a huge difference – not only do your children get to play and try some fun new activities, but you also get to learn how to build and strengthen the well-being of your family from a coach and positive psychologist.

Every session will include a 10 minute presentation about the well-being topic for the day. You then receive related handouts, resources and activities to try if you wish during the session or at home. This is a great opportunity to discuss concepts related to happiness and well-being in a really open and supportive environment, while your children get to play and try some fun activities. Each week you will learn something totally new and interesting about yourself and you will also discover how you can nurture your children's strengths and talents. We cover concepts such as mindfulness, strengths awareness, resilience, values, unhelpful thinking, coping with stress and so much more!

Come along, enjoy a drink, make friends, and have fun learning how to boost the well-being of yourself and your whole family. ☺



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Have you ever wondered what you could do to help your children to thrive emotionally and reach their full potential?

Would you like to have some practical (evidence based) tools that will have an enormous impact on your well-being and the well-being of your children?

Would you like to learn about the best practical ways to nurture your own and your children's strengths?

Text, call or email me to get a free pdf with lots more information and a voucher to receive your first session half price!

### LOCATED AT THE HUB

Mere Green Community  
Centre  
Sutton Coldfield  
Every Wednesday from  
1<sup>st</sup> November 2017  
10 – 11am  
£6 per adult per week.  
Booking Essential!

