

The Children's Wellbeing Service

Supporting families with additional needs



Incorporating Bromley Scope

Parents' Wellbeing Sessions

Being a parent can be both challenging and rewarding.
Prioritise self-care and join us for some well-deserved me time

Share your experiences

Monday 7th June from 11am or 7.30pm on Zoom

Talk about communication techniques, behaviour strategies or your own wellbeing with other parents

Building Resilience by Talk Together Bromley

Tuesday 15th June from 9.00-10.30am

or Thursday 22nd July from 6-7.30pm on Zoom

Recognising triggers and symptoms of stress and tools and techniques to combat stress

Bromley Mindfulness – Session 1

Wednesday 23rd June from 11-12pm on Zoom

Learn mindfulness and meditation techniques to build emotional resilience

Yoga

Monday 28th June at 7pm

and Thursday 15th July from 11am on Zoom

Join Victoria for two yoga sessions focussing on techniques to help promote relaxation

First Aid Training

Wednesday 30th June from 12-2pm on Zoom

Join us to learn some everyday first aid techniques

Bromley Mindfulness – Session 2

Wednesday 7th July from 11-12pm on Zoom

A continuation of session one, focussing on techniques to deal with stress management

**Let's chat - Tuesday 27th July from 7-8.30pm
at the United Reformed Church, Bromley**

A chance to meet in person, share experiences and discuss how we can implement what we have learnt in our everyday lives



Email Julie Cook, Children's Wellbeing Coordinator,
for more info and to book – julie.cook@bromleymencap.org
Please try to attend all sessions

