



# Mindfulness with Crèche

**Thursdays 12.45pm to 2.45pm**

**4 and 11 October**

Would you like to become a more effective parent? Learn how to feel calm in a frantic world? Have some headspace? Come learn some practical mindfulness techniques for you and your child in a relaxing setting. Mindfulness helps children become more resilient and face life challenges.

***Limited crèche spaces available***

To book your space call Ely Child and Family centre on 01353 611594

**Ely Child and Family Centre**

[www.cambridgeshire.gov.uk/child-and-family-centres](http://www.cambridgeshire.gov.uk/child-and-family-centres)

