

Wellbeing Warriors

Tuesday's, 4.30-6pm at Keyham Green Places

£1.50/child/session
Children aged 7-13 in Keyham
& surrounding area

About

Wellbeing Warriors is a safe space to come, make friends, have fun and explore wellbeing using yoga, mindfulness and other activities like craft, games and nature. It is run by Haidee Dampney from The Tree Project CIC in collaboration with Creative Curiosities, SeaWyld & Keyham Green Places.

What to wear:

Children can come to club in comfortable clothing that they can move around in and don't mind getting messy.

The Tree Project CIC is a social enterprise that is all about exploring wellbeing in our lives.

The club has insurance, DBS, first aid, up to date safeguarding training and procedures, please ask about our certificates & policies

Bring your child/ren along or contact Haidee to enquire

> **07722 846879**

> **thetreeprojectcic@gmail.com**

