



QuotesIdeas

**Wellbeing
workshop
for kids**

10-1PM

29 Sep 17

CALM TIME

TALC IS RUNNING A 3 HR WORKSHOP TO HELP KIDS LEARN TO SELF REGULATE.

IT WILL FOCUS ON IDENTIFYING ESCALATING EMOTIONS AND THEN LEARN TO USE SELF IMPOSED TECHNIQUES TO CALM THE BODY AND MIND.

.COST IS \$60 PLEASE EMAIL mapps@appscentre.net.au to register interest

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