



**Wickford Primary  
Care Network  
invite their patients to:**



# **FREE Parent & Child 20 Week Course**

**Exclusively for patients of:  
Robert Frew Medical Centre  
Swanwood Partnership  
The London Road Surgery  
Children 3-5 years  
Starting: w/c 5 February 2024  
Weekly term time only (45 mins)  
@ New Life Church Crouch Valley**

**Build Confidence  
Raise Self Awareness  
Recognise Emotions  
Understand Feelings  
Self Regulate Responses  
Increase Inner Calm  
& Happiness  
Encourage Resilience  
& Communication  
Reduce Anxiety  
Have FUN & Make Friends**



**Tuesday 12:40 or Friday 10:40**

**Email: [emma@minimemindfulness.co.uk](mailto:emma@minimemindfulness.co.uk) Call: 07984 449843**





**Wickford Primary  
Care Network  
invite their patients to:**



# **FREE After School Club 20 Week Course**

**Exclusively for patients of:  
Robert Frew Medical Centre  
Swanwood Partnership  
The London Road Surgery  
Starting: w/c 5 February 2024  
Weekly term time only (45 mins)  
@ New Life Church Crouch Valley**

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**Tuesday (4-7yrs) & Thursday (8-11yrs) 3:55**

**Email: [emma@minimemindfulness.co.uk](mailto:emma@minimemindfulness.co.uk) Call: 07984 449843**