



Online Relaxation Sessions to enhance the mental health and well-being of children aged 4-11 years



- Enhance concentration
- Reduce stress and increase happiness
- Develop confidence and build better friendships
- Learn techniques for emotional stability and positive mindset

Zoom Meeting Details

Mondays
13:00-13:30
954-3050-7064

Wednesdays
15:00-15:30
913-9474-5914

Fridays
10:00-10:30
971-2200-1623

Please contact us to receive the Zoom access password