



## South West Child, Adolescent And Family Services

Office Number: (02) 9826 8077



# WELL ROUNDED

**START DATE: 16TH JUNE 2022 AT 11AM -  
12:30PM**

Mindfulness is teaching young students to unwind and see beyond their emotions and provide a gentle, accepting mind-set.

**Week 1:** introduction

**Week 2:** Building resilience

**Week 3:** Tools and strategies

**Week 4:** Storytelling



**Please Contact**

**Jinan Allam 0455 304 468 or Kathy Musico 0458 459 160**