

Teaching Children Coping Skills For Life

The Anxious Child

A Workshops for Parent and Child

★ **With Jacqui Gray** ★

27th November 2018 3.30 -5.30pm

Come along with your child and experience a fun and exciting new approach to empower and boost Emotional Wellbeing. I teach a technique which, once learnt, can be used in any emotionally challenging situation and is especially effective for the anxious child. It's simple, effective and all you need is your imagination!

During the 2-hour workshop you will create a Magical Garden in your mind through guided imagery and this becomes a tool to help your child regulate their emotions and discover emotional calm. I will also introduce you to two techniques, which help with focus and concentration.

The workshop will:

- ★ Give your family a new approach to help with Emotional Wellbeing.
- ★ Boost your child's confidence.
- ★ Help with anxiety.
- ★ Help with behavioral issues.
- ★ Strengthen parent/child bond.
- ★ Help with focus and concentration.



Cost £25

Payable on Booking

For Primary School Children
Includes a place for both parent/s
and child/children and a free copy
of My Magical Garden Book.



For more information or to book a space, contact:

Jacqui Gray

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Venue:

Red Brick Building

Morland Enterprise Park

Glastonbury

BA6 9FT

Holistic Healing  Children

www.holistichealing4children.com