

Mental Health Support



Emotional & Symbolic Group Support

Suitable for children (5+), young people and adults to help:

- Become more aware of the feeling states within themselves
- Develop an understanding of and how to handle these feelings
- Share their feelings with peers to see how others have similar feelings (this is an important skill to know and have)
- Communicate feelings and concerns with others
- Express their feelings symbolically through drawing or painting



6 weeks (40 mins per session max 6 per group)

Expressing meaningful art

Therapeutic workshop suitable for children (4+), young people or adults.

Using the medium of art to support and develop emotional regulation. Creativity allows people to express how they are feeling to help improve self-esteem & self-awareness, enhance social skills, manage stress, strengthen the ability to self-regulate and improve understanding of themselves.



4 weeks (40 mins per session)

Skillz Through Play

The workshop is suitable for children 4 - 11 and uses yoga concepts, mindfulness, meditation, play, mindful craft, affirmations, mantras, breathing techniques, relaxation, guided meditation and movement to encourage and promote self-regulation, grounding, self-awareness and nurturing. In doing so it will educate children in emotional intelligence, how to understand and manage their feelings and emotions. Bespoke workshop also available for 3 years of age (20 mins).



4 weeks (40 mins per session)