



SPRING INTO WELLNESS

Join our spring-themed workshop where primary-aged children will explore the 5 Ways to Wellbeing! Through engaging activities, they will discover how to Connect, Be Active, Take Notice, Keep Learning, and Give, all while enjoying the joys of spring and boosting their mental wellbeing.

GIVE



Tuesday 15th April
1:00pm - 3:00pm
DY1 Building, Stafford Street,
Dudley, DY1 1RT

KEEP
LEARNING



BE ACTIVE



Thursday 17th April
10:00AM - 12:00PM
Jubilee Hall, Ladies Walk,
Sedgley, Dudley, DY3 3UA

CONNECT



Wednesday 23rd April
10:00AM - 12:00PM
St Thomas' Church Hall,
Market St DY8 1AQ

TAKE
NOTICE



To book onto a workshop, please email bchft.reflexions@nhs.net

Please note, this is a one-off workshop and not a holiday club; participants can only attend this specific workshop once. However, you are welcome to join other Reflexions workshops on different topics in the future.