kids' wellbeing sessions

supporting youngsters in our region impacted by cancer

What?

A four-week programme of kids' wellbeing sessions for young children **(7-10)** and older teens **(11+)** who have a family member or loved one being treated for cancer.

These group sessions - focused on emotional resilience, coping strategies and peer support - are an opportunity to talk about the things affecting them, take part in creative activities, and meet others affected by cancer.

Where and When?

- Online
- **Tuesdays 3rd, 10th, 17th, 24th March**
- 4pm - 5pm for ages 7-10, 5pm - 6pm for 11+

For more info, or to sign up, please email

katie@thehappinessclub.co.uk

Please note, these sessions are not for patients and may not be appropriate where there is a non-curative diagnosis.

If this applies to you, please get in touch to find out how we can best support you.

Funded by LingenDavies Cancer Support

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