



Stress Bootcamp

Understand why we feel anxious and learn coping skills, such as grounding yourself, mindfulness techniques and distraction, alongside other young people.

This short course of 6 sessions is a small group course, and will be delivered either on a face to face basis, or virtually, with a pack of home resources, according to young peoples preferences.

Courses will be run according to demand, so potentially for under 11's, 11-14 and over 14's, starting in September and running through Spring.

Courses are being run by *Freedom Personal Safety*, a social enterprise created in 2008 to give women and young people the skills, knowledge and confidence to keep themselves safe.

Our wellbeing programmes provide opportunities for social interactions and to explore new ideas and experiences in an interactive and fun way.

To register interest for your child, please contact:
Lisa Scully,
Colne Valley and Aspire Community Coordinator
email: lisa.scully@kirklees.gov.uk
Tel/txt 07976 944415

Course dates have not yet been set