



## SSIF Wellbeing Event for SEND Parents & Carers

Monday 13<sup>th</sup> March 2023 10am – 2:30pm

in collaboration with N.O.W's the time for change.

N.O.W's the time for change (National Online Wellbeing Services), working with SEND families across Southend, Essex & Thurrock are health based and therapeutic coaches who facilitate life changing tools and techniques from a natural and holistic approach to improve stress, emotional wellbeing and mental health.

**If you are curious about how to improve your own wellbeing, this event will be perfect for you to experience incredible tasters to support your Mind, Body and Energy!**

Group taster sessions -

- ❖ Motivational speaking from local SEND parents
- ❖ Growth mindset activities - empowering confidence and self esteem
- ❖ Emotional Freedom Tapping to release stress and regulate emotions
- ❖ Gentle & Accessible Yoga and Breathing / Meditation
- ❖ Sound Therapy

1-2-1 mini taster sessions -

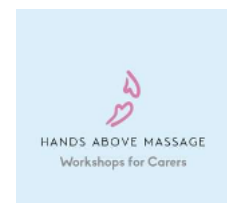
- ❖ Reiki & Rahanni Therapy
- ❖ Aromatherapy consultation & tailored spray
- ❖ Hand Massage by Meryl Dear at Hands Above Massage

**FOR DETAILS HOW TO BOOK ONTO THIS FREE EVENT KEEP YOUR EYE ON SSIFs FACEBOOK PAGE NEXT WEEK.**

<https://www.facebook.com/TheSSIF/?ti=as>



**N.O.W's**  
the time for change



For more information on NOW'S the time for change & Hands Above Massage -

[www.nowsthetimeforchange.com](http://www.nowsthetimeforchange.com)

[https://www.instagram.com/hands\\_above/](https://www.instagram.com/hands_above/)