

AGES 11-18

MINDFULNESS FOR YOUTH



**FREE MINDFULNESS
COURSE (8 WEEKS)**
Starts Tuesday
30th April, 4 - 4.30pm
TERM TIME ONLY

• ST JOHNS CHURCH
• 2 SYLVAN ROAD
• UPPER NORWOOD
• SE19 2RX

CONTACT

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Facilitator: Peter Lawrence

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Participants
need to attend
all sessions
for best benefit.

Croydon SocialP