



# After School Club

Our fun, practical sessions are designed to help children relax, explore their creativity, grow confidence and learn tools and techniques to manage their emotions, and mental health.

Activities include learning to grow their own food, sensory play, games and guided relaxation.

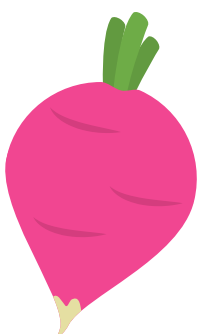
Suitable for: Primary School Children

When: Wednesdays 3:45 – 4:45pm

Where: The Well Retreat, High Street, Brackley

What to bring: A drink and clothing for all weathers

Cost: £7 per week



To book or find out more visit  
[www.lifeatno27.com](http://www.lifeatno27.com)  
or email [enquiries@lifeatno27.com](mailto:enquiries@lifeatno27.com)

