

# Empowered Minds

A 'Journey In Mind' Workshop for Ages 8-11

Wednesday 1st November

9.30am - 3pm

£25 for the day

(Discounts available for siblings)

Cross Houses Community Centre, Shrewsbury, SY56JG

Visit [www.journeyinmind.com/holiday-clubs](http://www.journeyinmind.com/holiday-clubs)  
to book your child's place.

Or email Kate at [mentoring@journeyinmind.com](mailto:mentoring@journeyinmind.com)

A fun day of activities to support your child's wellbeing - helping them to learn about their brain and explore the tools that help keep their mind healthy!

Problem Solving  
& self-esteem  
building

Movement  
& Games

Art/Craft &  
Creative  
Mindfulness

Nature, Music,  
Science & emotional  
intelligence

Hosted by  
Emotional Wellbeing Mentor &  
Mindfulness Teacher:

Kate Thomas  
*Journey In Mind*



Come see what we do!  
[@journeyinmindmentoring](https://www.instagram.com/journeyinmindmentoring)