

INSIDE OUT

Children and Family
Wellbeing
Service

Come and make friends and have fun!

This group helps to support children who may be struggling to express and manage their emotions or are presenting with anxious behaviours and low self-confidence.
(8-11 years - Key Stage 2)

In the sessions children will be able to:

- Explore wishes and feelings and understand worries.
- Look at ways to help manage strong emotions.
- Take part in creative and physical activities to encourage positive interaction with their peers.
- Build confidence and social skills.
- Meet new people and make new friends.
- Play games.

Most of all come along and have fun!!

Every Monday 3:30pm-
4:30pm

**Carnforth Neighbourhood
Centre, Kellet Road,
Carnforth, LA5 9LS**

Every Tuesday 3:30pm-4:45pm
**Morecambe Library Central Dr,
Morecambe LA4 5DL**

FREE to attend.

Just turn up or ring

01524 581280

for more information.



Lancashire
County
Council 