

TIME TO **breathe**

Spring Programme

preparing to grow

Are you ready to reconnect with the natural world?

Time To Breathe is a safe space to understand emotional well-being and develop new skills and connections through nature-based education.

Our goals are to:

- Raise environmental awareness
- Explore our positive impact on the planet
- Create safe, natural spaces
- Encourage creative self-expression

To refer a young person aged 11 - 18, please contact Rachel:
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