



## FREE Mindfulness Sessions for parents of children and young people with SEND



Mindfulness is recommended by the National Institute for Health and Care Excellence for people who need help with:

- Stress
- Anxiety
- Generalised sleep disorders
- Recurrent depression
- Alternative pain management

Active Luton are offering two FREE Wellbeing sessions aimed at parents of children/young people with special educational needs or disabilities:

- Thursday 21 January, 6pm
- Saturday 30 January, 10am

Each zoom session will be 45 minutes, and places are limited to 12, booked on a first come first served basis.

To book for your session and get the ZOOM link:

email: [SENDluton@luton.gov.uk](mailto:SENDluton@luton.gov.uk)