



Ambition Aspire Achieve

Charity Registration Number: 1167816

# Wellbeing Group

At Terence Brown Arc in the Park Bethell Avenue, London E16 4JT



Feeling alone or anxious? Come and make new friends and have a great time at our weekly wellbeing sessions for young people (ages 8 to 16)

★ Free to attend ★ Safe, supportive and friendly environment

Activities Include:: Personal Development Workshops, Mindfulness Sessions, Sports and Exercise Sessions, Arts and Crafts, Drama and Music, Growing and Gardening, Volunteering Opportunities, Duke of Edinburgh Awards Scheme, Day Trips and Experiences, and much much more!

Timings (term time):

Juniors (ages 8 to 11) Tuesdays 4pm to 6pm

Seniors (ages 12 to 16) Tuesdays 6pm to 8pm

Mixed (ages 8 to 16) Fridays 4pm to 6pm

Holiday times vary



Contact us now for further details and to book a place:

Paula on: 0207 511 4253/ [paula@theaaazone.com](mailto:paula@theaaazone.com)

Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: @theaaazone | Facebook @AmbitionAspireAchieve/

| Instagram: @ambtionaspireachieve/