



Ambition Aspire Achieve

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 and Fridays 4pm to 6pm, Saturdays 12pm to 2pm

Seniors (ages 12 to 16) Thursdays 5:30pm to 7:30pm

Holidays open daily Mon to Fri 12pm to 3pm

To find out more: please contact Paula Blake on 07432024002 / 0207 5114253 or by email paula@theaaazone.com

Delivered by fully trained DBS checked staff



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