



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

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

Holiday times vary

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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