

BOWER GROVE PARENT SUPPORT

Bower Grove School, Fant Lane, Maidstone, Kent ME16 8NL



INVITATION

**To all Parents/Carers of children and young people with
Special Educational Needs, ASD Conditions
and any Disability**

Friday 13th January

10.15am-11.45

MINDFULNESS TALK

Friday 13th January 2017

10.15am – 11.45am

**Hannah Ring, Bower Grove School, will be joining us for
a talk about Mindfulness.**

We will be looking at:

- **What mindfulness is.**
- **Why it can help us relax.**
- **We will also be practising some mindful strategies!**

**Please put this date in your diary; more information will
be available in the Winter/Spring 2017 newsletter to be
circulated early January.**

CONTACT: Josephine Cousins Tel: 01622 726773 (during school hours)

www.bower-grove.kent.sch.uk and select **Parent Support**

Email: psg.bowergrove@btinternet.com

Address at top of flyer