



NEED TIME TO RELAX AND UNWIND?

CONTACT EALING'S "DEEP REST" PARENT CARER SUPPORT GROUP

Reduce stress | Feel better | Pamper yourself!

Take some time for yourself and practice "Deep Rest" – techniques that allow you to slow down your mind, regenerate, reduce stress and benefit your immune system. Sessions are led by Leah Barnett

<https://www.unwindwithleah.com/>.

"9PM ON WEDNESDAY IS RAPIDLY BECOMING A HIGHLIGHT OF MY WEEK"

"I LOVE THESE SESSIONS SO, SO MUCH!"

Join us and learn this relaxation practice, no equipment or fitness level required!

Every Wednesday evening, starting on Wednesday 10th January 2024 at 9pm

Where: online via Zoom

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Dates - Starting Wednesday 10th January 2024 and every subsequent Wednesday evening at the same time during term time. **FREE for parents and carers of children with ASD or ADHD in NW London.**

To book please book via this link below to receive the Zoom meeting link:

<https://forms.office.com/e/irfFUZXQJe>

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