



NEED TIME TO RELAX AND UNWIND?

CONTACT LONDON OFFICES “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 11th September 2024 at 9pm

Where: online via Zoom

Need time to relax and unwind? Join Contact’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. Join us and learn this relaxation practice, no equipment or fitness level required!

Dates - Starting Wednesday 11th September 2024 and every subsequent Wednesday evening at the same time during term time. **FREE for parents and carers of children with additional needs**

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

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

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