



Winter Wellbeing Workshop Festive Family Fun

Winter can be a magical time but it's still important to look after our wellbeing. These drop-in sessions have crafty ways to stay well.

Activities include:

Creating calming snow glitter bottles

Mindful moments

Creative 'elf' esteem activities

Festive games to get you moving

You can book by clicking on the below dates:

[20/12/2022 at 10:30-15:30. Location: Birchwood
Boiler House, Lincoln](#)

[21/12/2022 at 10:00 - 11:30. Location: Skegness
Children's Centre, PE25 2QT](#)

[21/12/2022 at 13:00-15:00. Location: Connexions,
Gainsborough, DN21 2JR](#)

Please ensure that you book a ticket for each person that will be attending.

