



Term 3 2022 Chill Skills Program
8 Week Course for 8-12 year olds
Wednesdays 4-5pm at the
Erindale Neighbourhood Centre
(Commencing week 2 of term 3 2022)

Would you like your child to have better sleep, concentration, attention span, confidence, listening skills and self esteem?

Do you wish to help your child to be more mindful and happy, reduce their stress and anxiety levels and manage their moods and emotions?



The classes include:

DYNAMIC warm-up and exercises, EXCITING games
RELAXING stretches, CALMING breathing exercises
SOOTHING peer massage, POSITIVE affirmations
CREATIVE visualisations, mindfulness and meditations

The cost of the 8 week course is \$160
and it is facilitated by Simone Roxburgh
Simone is passionate about supporting children and
adult's wellbeing through the Relax Kids program (that
she has facilitated since 2014) and the Mindfulness course
for adults that she also provides.

Bookings are essential:
email simoneroburgh80@gmail.com
or phone 0410 455 177
(Please book in early as spaces are limited)