



NEED TIME TO RELAX AND UNWIND?

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, and reduce stress.

"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 12 January 2022 at 9pm

Where: online on Zoom

Need time to relax and unwind?

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 and reduce stress.

"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!

Dates - Beginning Wednesday 12 January 2022 at 9pm and every Wednesday evening at the same time

Where: online on Zoom To book email lewisham.office@contact.org.uk to receive the Zoom meeting link