

ART FOR WELLBEING

A support programme for the individual child and their parent/carer

The aim of the programme:

- * To support parents to understand the importance of nurture for well-being
- * To support parents to understand that all behaviour is communication
- * A special time together
- * To develop well-being and self-worth as a family unit through art
- * To take away the art created together

Benefit to the parent/carer :

- * To work with their child in a non-judgmental and caring environment
- * Restoring positive relationships
- * Time for reflection
- * Sharing experiences with other adults
- * Increase confidence

Benefit to the child:

- * To work alongside their parent/carer in an uninterrupted setting
- * Nurtured approach to their SEMH
- * Breaking barriers to learning
- * Building on self-esteem
- * Strengthening relationships

Where: Norfolk Nurture Hub

When: Tuesdays

Time: 16:00 - 17:30

Refreshments will be served

Block 1

23rd April

30th April

7th May

14th May

21st May

Cost £150

Block 2

4th June

11th June

18th June

25th July

2nd July

9th July

Cost £180



Waterworks Road
Norwich
NR2 4DF
01603 928140

**norfolk
nurturehub**

Booking is essential

Please book via:

www.norfolknurturehub.org/art-wellbeing/