

# Supporting Families North Belfast Health Programmes in your school & community



## Children Programmes:

(Each programme is 4 sessions)

- ⇒ Children's Health: nutrition/health & body/ exercise for PS 2 pupils
- ⇒ Self Esteem: confidence/bullying/respect for PS 6 pupils
- ⇒ Moving On: transitioning/ coping mechanisms & change for PS 7 pupils

## Parent/Carers Programmes:

(Each programme is 6 sessions)

- ⇒ Physical Element: Pilates/ Walking Group/ Yoga/ Swimming/ Circuits
- ⇒ Nutritional Element: Cook it/ Food Values/ Weight/ Health
- ⇒ Personal Development: Stress management/ Coping Strategies/ Therapies



For more information or to book a programme please contact:

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