

Pause Breathe Smile

Mindfulness Course for 8-11 Year Olds

to help children manage their stress and anxiety

Facilitated by Ann Huggett (PBS Facilitator, Clinical Psychologist)

Pause Breath Smile (PBS) is a mindfulness course developed by the Mindfulness Education Group to enhance children's wellbeing and develop skills to manage emotions. The program is designed for both you and your child to attend and learn together. This provides the benefit of you being able to support each other in practicing and using the skills at home.

Where: The Psychology Centre, University of Canterbury

When: Starting Wednesday, 23rd October, 4-5pm (and running for 8 weeks)

Cost: \$200 for a parent and child

To register or for more information, please contact Justine Brougham at

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