Perfect for individuals who would benefit from improving their wellbeing



STABLE MINDS

A 10 week wellbeing and personal-growth programme designed by Greatwood for primary & secondary aged learners

Suitable for learners aged 9-15

Enrol as an individual or as a school group

Stable Minds is designed to help young people build confidence, emotional awareness, and resilience through a combination of classroom learning and hands-on animal-based activities.

Greatwood

For more information including support with transport costs please contact:
ben.ferris@greatwoodcharity.org / 01672 514535