

ZONE INN

8 - 11YRS
WITH A
SUPPORTING
ADULT

CHILL - CHAT - SUPPORT

11+ - 18YRS
SUPPORTING
ADULT WELCOME

GREENLEYS FAMILY
TIME CENTRE
MK12 6AU
SATURDAY
10AM - 12NOON



SAFE
CONFIDENTIAL
SPACE

EXERCISE &
WELLBEING
ACTIVITIES

POSITIVE
KIND
SUPPORTIVE

USE THE
10 KEYS TO HAPPIER
LIVING

MINDFULNESS

AS TOOLS TO HELP
IMPROVE WELL-BEING



CONFIDENCE &
RESILIENCE
BUILDING



A WELL-BEING SERVICE PROVIDED BY RELATEMK

FOR MORE DETAILS CONTACT ☎ 01908 310010 ✉ APPOINTMENT@RELATEMK.ORG

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