



Affirmations & Self Talk

Tuesday 29th April 2025

9.30am - 12.30pm

Bromborough Family Hub

max 12 people per session

- What are Affirmations and self-talk?
- Positive and negative affirmations and self-talk and their impact on us.
- Where does it all begin? Including the critical inner script.
- How can we challenge the negative? Including ways to support.
- Activity - Self belief flower and frame it.
- Activity - Positive affirmation keyring.



Sign up here
for this
session and
we will be in
touch to
confirm your
place.

for parent carers of
children with additional
health or care needs

