



Theory of Gratitude

Tuesday 6th May 2025

9.30am - 12.30pm

Bromborough Family Hub

max 12 people per session

- What is gratitude?
- Why is gratitude an important part of wellbeing?
- What things can we be grateful for?
- Reflective poem.
- Activity - Gratitude flower jars.
- First 5 things we are grateful for at present.
- How can we practice gratitude?



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**

