

The Wild Reboot

Free, 4-week, nature based wellbeing course starting Tuesday 7th April. For parents and carers with children aged 8-16 years

Meet us in the Woods at Marquis Drive, Cannock Chase on Tuesday 7th April. Drop in any time between 11am - 2pm.

Free refreshments available and journal to take home. If you can't make it, the course can be completed independently.

The Wild Reboot is flexible, low pressure, well being support for families. Drawing from the principles behind Forest Bathing, families are guided through ideas to help alleviate stress and anxiety and build self-confidence. This is particularly relevant in the run up to exam season and school transitions.

Each week you will receive an email pack to introduce a variety of exercises and ideas to deepen a connection to the world around us, this ranges from outdoor breathing exercises, to barefoot walking, to foraged art. These can be completed flexibly at times to suit your family, and can be tried at home, in a garden or local park.

To reserve your place or for more info contact Rebecca on 07525 120117 / communityforestservices@gmail.com.

This course is free for families in Staffordshire.

