

G.R.O.W

Growth, Resilience, Opportunity, Wellbeing

A 5-week group programme for boys, aged 8-12, to improve emotional literacy and promote positive wellbeing. Delivered by the Broxbourne Mental Health Support Team and DSPL4, the programme is free of charge and will be running at Hailey Hall school on Tuesdays between 4:00 pm - 17:30 pm.

Please see the planned schedule (activities subject to change)

Date	Theme	Activity
9 th May 2023	Green – Calm and ready to learn/focus	Introductions, outcome measures and nature
16 th May 2023	Yellow – Anxiety, excitement, stimulated	Sensory circuits
23 rd May 2023	Red – Anger, frustration, overload	Emotions volcano
6 th June 2023	Blue – Sadness, low mood, flat	Crafts and Baking
13 th June 2023	Rewards and praise	Movie, outcome measures and certificates

Your son will need to attend every session to gain the full benefit of the intervention. If you would like your son to join, please go to <https://www.eventbrite.co.uk/e/541233382617> to register your interest and an application and consent form will be sent to you.

Location: Hailey Hall school, Hailey Lane, Hoddesdon, Hertfordshire, SG13 7PB.

Contact number: 07866201723

Contact email: hpft.mhstbroxbourne@nhs.net

