

Rainbows

Drop Ins:

Tuesday 12:00 - 1:00

Wednesday 12:30 - 1:00

Thursday 12:00 - 1:00

Friday 12:30 - 1:00

- * Time to relax
- * Talk to an adult about your feelings, problems and worries
- * Support your friends
- * Mindfulness colouring
- * Read the Rainbows' books
- * Meditation

In the Rainbows' room (intervention room)

