



Walk & Talk with Mel

During Summer Holidays for anyone aged **9-17 years old**.

50min walk around Priory Marina Bedford.

Focusing on **building confidence and resilience** in preparation for returning to face to face education in September.



The walk will consist of, **Listening, talking, mindful practices and coping strategies for anxiety**.

- ◆ **Wednesdays 22nd July**
- ◆ **29th July**
- ◆ **12th August**
- ◆ **26th August**

Book on one or all four, £30 per session.

Email me mlpositivetherapy@gmail.com

I am a school counsellor and private counsellor, fully DBS checked and member of BACP and insured for walk and talk through Holistic Insurance.

