



Flourishing Families

Flourishing Families

Helping Parents and Children Grow Together

Join us for a fun, interactive session designed to boost well-being for both parents and children! Through play - based activities rooted in mindfulness, families will explore important life skills in a joyful, supportive environment.

Led by Blossom and Bud, children and parents will embark on a magical mindfulness journey - building calm, connection, and confidence along the way.

29th July & 5th August @ 10am

at The Engine Rooms, Birchwood Park

Email hello@peaceandminduk.org to book your spot

What else is on?

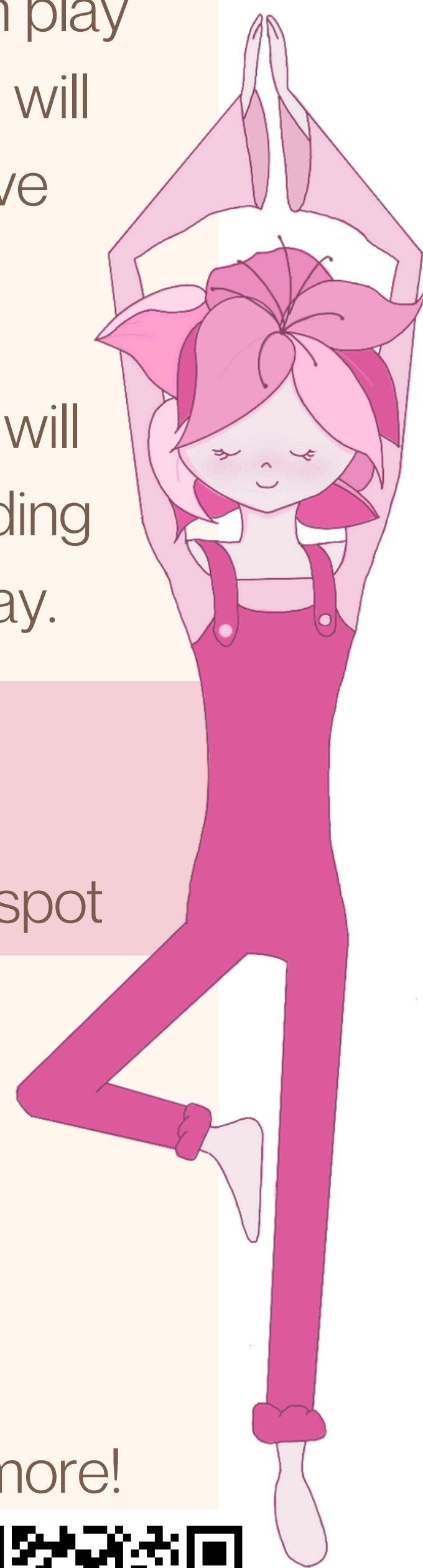
PEACE FESTIVAL

6th September 2025

Chilled Live Music - Yoga - Kids Activities -

Climbing Wall - Sound Baths - Food - Drink and more!

The Engine Rooms, Birchwood Park



Peace & Mind UK

PLANTING SEEDS OF
RESILIENCE, EMPATHY & UNITY



Scan the QR code for more