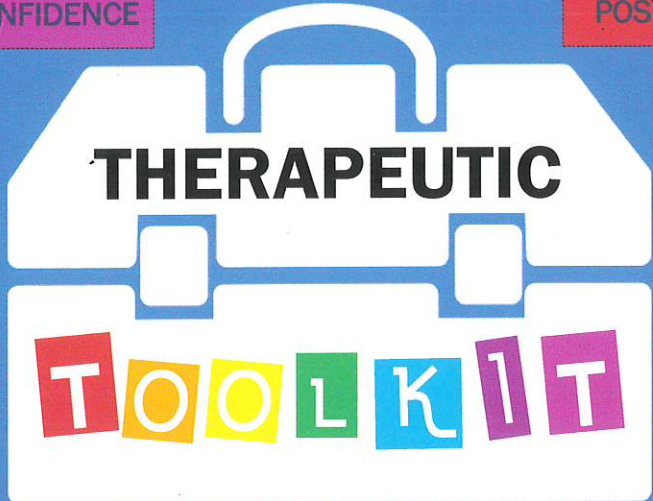




DEVELOP
SELF-CONFIDENCE

INCREASE
POSITIVITY



BUILD
SELF-ESTEEM

PROVIDE
RELAXATION

PROCESS CHALLENGING
THOUGHTS

REDUCE
ANXIETY

Activities and resources to support children, young people and families.

Each toolkit provides step by step guides to the activities and resources, for families to explore and express their feelings and emotions together.

The therapeutic toolkit is suitable for children of all ages.

Contact us for your **FREE** toolkit today.



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T: 07423 072629

E: mail@createhope.co.uk