

# FAMILY SUPPORT

Summer

**Monday 3rd July**

## Yoga and Meditation

Love Grove Wellness invites you to join our yoga and meditation session at Gulliver's Farm shop in the Yurt!

This is for all abilities and it doesn't matter if you haven't done Meditation and yoga before as we will all learn together.

The session will run 10-11:30 with the opportunity to go to the café in the farm shop afterwards for coffee.

Places are limited so please register your interest at [chaos@diverseabilities.org.uk](mailto:chaos@diverseabilities.org.uk)



Address:  
Gulliver's Farm shop  
Station Road  
West Moors  
BH22 0JG

**Monday 10th July**

## Coffee Morning

Join us for the last coffee morning before the summer holidays.

A Chance to meet other parent/carers in a safe and welcome environment. An opportunity to meet people in similar situation to build a network of support.

Held at  
The Families Centre Bond Ave,  
West Moors  
BH22 0LL

