

My name is Jacinta Ojwang and I am a Holistic Counsellor and Intern Psychotherapist in Goulburn.

I am running a 5 week block of classes for Primary aged children.
I have attached the dates and info below.

Please feel free to contact me for any further information.

When: 4pm-5pm, Monday 17th Feb - 16th March **OR** 4.30pm- 5.30pm, Tuesday 18th Feb - 17th March

WHERE- Uniting Church Hall, 43 Goldsmith St Goulburn.

Each session will include experiences through Meditation, Mindfulness, Sound therapy, Emotional Intelligence, development of Self Belief and Self Worth. These classes will help children with.....

- ✦✦ Improve self-awareness.
- ✦✦ Manage stress.
- ✦✦ Boost self-motivation.
- ✦✦ Build empathy.
- ✦✦ Make good decisions.
- ✦✦ Communicate effectively.
- ✦✦ Develop relationships.

\$100 per child. All payments to be made prior to the commencement of the program.

Please contact Jacinta Ojwang or you can book your child's spot via the website.

<https://www.innerpeacecollective.com/the-inner-peace-project>

Kind Regards

Jacinta Ojwang



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