

# BETTER TOGETHER GROUP

*A fun strengths based group for children and young people with health conditions and/or persistent physical symptoms.*

*In the group you will learn interesting information on how the body and mind are connected and important skills in living your best life.*

**Under 12's**

**9.30am-11am**

**Wednesday 18th**

**Jan for 4 weeks**

**12 and older**

**11.30am-1pm**

**Wednesday 18th**

**Jan for 4 weeks**

**Location: Gosford Forest Park**

*\*venue to be confirmed*

Places are limited and will be offered on a first come, first served basis. To book a place on the workshop please contact the Paediatric Psychology Service's Secretary on

028 37567224 or [shannon.mccausland@southerntrust.hscni.net](mailto:shannon.mccausland@southerntrust.hscni.net)