



Free Wellbeing sessions for parents who are members of LPCF with Nicole from Hummingbird Hypnotherapy

Why you should come to the sessions

- We have a lot of laughs & Nicole is brilliant at putting you at ease
- We learn lots of new strategies to try out
- The sessions provide a different solutions focused way of thinking
- The topic is explored with the people who attend so they can focus on their own issues
- You can participate however you wish or just listen. There is no pressure to do anything
- The 90 minutes is just for you and the guided visualisation at the end provides a relaxing and enjoyable end to the session
- It is free to members!
- Easy to book on the LPCF Events page



**Weekday
evening
7.30pm -9pm**

**On
Zoom!**

https://www.lincspcf.org.uk/P_Events.php