



PACT Social Group

REFLEXOLOGY COURSE for Parents and Carers of children with Special Needs

**Tuesday 8th, 15th, 22nd November 9.30am to 11.30am
Cage Green School**

Following on from Claire's talk for PACT on the benefits of reflexology for children with special needs, Claire will be running a course which PACT would like to offer to Cage Green parents first. Claire a qualified reflexologist who has 20 years of experience and a special interest in helping children and their families with special needs including ASD, and ADHD.

The course will empower parents (and children) to be able to use simple, effective reflexology on their own child to provide relaxation and the benefits it provides. Parents shall be supported to develop the skill to be able to use the reflexology proactively and reactively to support reducing the physical symptoms of anxiety and distress by using the reflexology as a complementary therapy. Visit www.wealdencomptherapies.co.uk but more info on the children's course is www.kidsreflex.co.uk. Please call Claire on 07704 155112 with any questions.

The cost of the course is offered at a reduced rate of £65 to include handouts for the relaxation routine and the routines which shall support your child in terms of health as well as choice of story book from the Mouse's House series which supports head aches and digestive problems. Payment due before the course to be made by bank transfer (details to be sent on booking) **BOOK BY 18th OCTOBER TO SECURE YOUR PLACE ONLY 10 SPACES AVAILIABLE.**

Where: Cage Green School, Cage Green Road, Tonbridge, TN10 4PT

To Book: With the reply slip below by 18th October: Helen.mestre@btinternet.com (Events Coordinator PACT), Payment details given on booking.

REFLEXOLOGY COURSE REPLY SLIP

NAME:

CONTACT NUMBER/EMAIL:

I WOULD LIKE A PLACE ON THE REFLEXOLOGY COURSE, 8th, 15th, 22nd NOV





