



Kids Depresent uses mindfulness training as well as games and activities to achieve positive social and emotional outcomes for kids.

Kids Depresent will help your child to:

- ✓ be calmer
- ✓ better understand and manage their emotions
- ✓ improve their concentration
- ✓ achieve more success in the classroom



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SPECIAL INTRODUCTORY OFFER 8 Weeks \$150

Book online now. Numbers are limited!

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Jen Compton, BEd (Primary), GradCertEd, has more than 27 years' experience as a teacher. Jen knows how children think and feel and is passionate about teaching mindfulness and social and emotional learning.

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