

EMPOWER

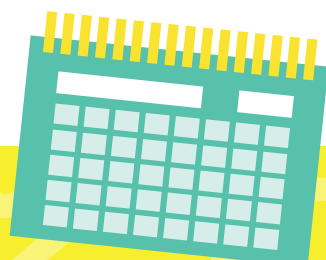


Empower is a free 6 month after-school programme which helps young people aged 9-12 years old improve mental wellbeing through physical activity.



The Phases of Empower

Each session is 90 minutes and consists of 60 minutes of physical activity and a 30 minute wellbeing workshop.



Exploring emotions

Implementing coping strategies

Reflecting on learnings

For further information contact **Jodine Williams**
jodine.williams@watfordfc.com



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Supporting Positive Mental Health in Schools

