

June Newsletter



Hello Everyone,

We have reached the midpoint of the year, and the 20th of June marks the summer solstice, which is the longest day and shortest night of the year. Time seems to have flown by this year. This significant celestial event also signifies the beginning of the summer months and, hopefully, warmer weather. Our newsletter this month is packed with two new blog posts. One covers how to support a toddler getting in, staying in, and getting out of the car seat, which can sometimes be stressful for both parent and child. The second blog post focuses on the summer solstice and wellness during the summer season.

Near the end of this month, The Centre of Excellence in Child Trauma's International Conference is being held virtually. This year's conference theme is Therapeutic Parenting Essentials, and tickets are available at £10 plus VAT. You can watch the conference from the comfort of your home, and tickets are available to purchase from here.

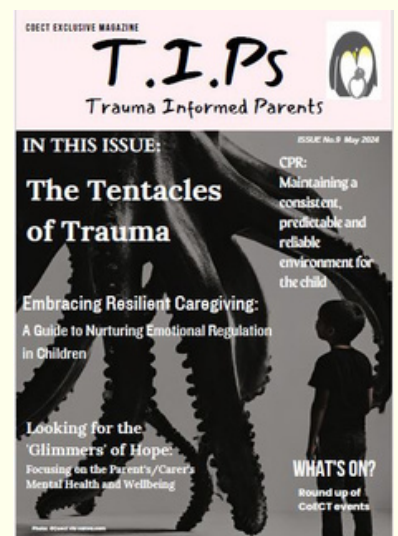
Wishing you all a great start to the summer months!

Sair, Emma and The Haven Team. x

TIPs Magazine Issue 9 Out now!

We have included a link to the TIPs magazine where our associate Mary-Joy Johnson has written an insightful article on finding hopeful moments, the "glimmers," in parenting. We were also fortunate to have Dr. Kate Truitt contribute an article on Havening and its role in supporting emotional regulation in children.

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Day Retreats

The June Day Retreat in Exeter is now fully booked, and the Gloucestershire Day Retreat in July is filling up fast with only a few spaces left for this one which is being held on Friday, July 5th. Our September Day Retreat will be in South Wales booking will open soon for this event. For more information and to book a space on a Day Retreat, click on the button below.

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New blog post - Toddler Car Seat Badge

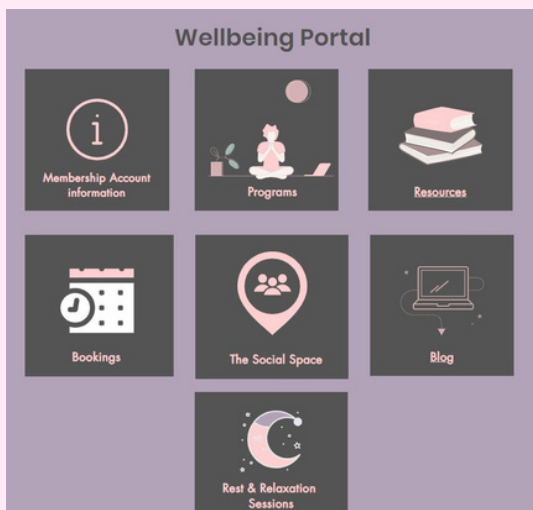
How do you support a toddler getting into their car seat? Good question!

If parenting came with badges that you could earn based on your parenting experiences, we expect that managing the toddlerhood stage would require its own set of badges, including the Toddler Car Seat Badge.

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Wellbeing Portal



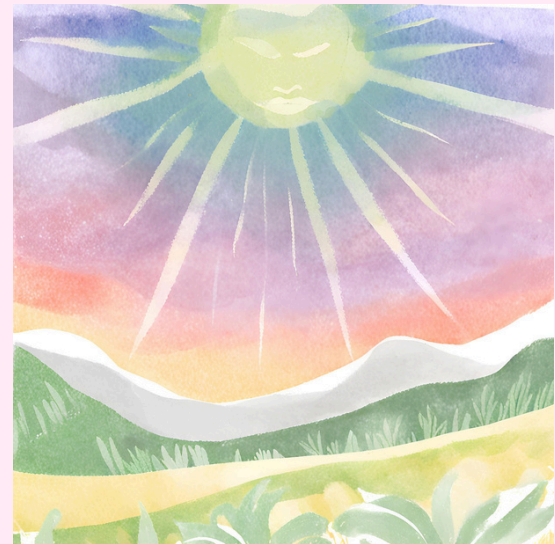
Our next rest and relaxation session will be available on the portal. Session 6 will be released on 1st June at 20:30 (BST)

[Join the portal](#)

New blog post - Summer Solstice

It can be easy to get caught up in the daily hustle and bustle of life. However, the summer solstice is a perfect reminder to slow down and take care of ourselves. In this blog, we will share some wellness tips for you to make the most out of the extra daylight and celebrate the summer solstice.

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Shop

Responding to feedback from our events, we have opened up a small shop on the website with a few well-being essentials and self-gifts.



Off switch

Neil holds his breathwork sessions on a Monday evening via zoom for 15 minutes. If you haven't experienced one and want to try it you can join by going to our events page.

Off Switch



Breathwork Sessions with Neil.

Mondays 20:30-20:45 (BST)
April 15th - July 22nd
Via Zoom

www.thehavencentre.co.uk



[Events Page](#)