

November Newsletter



Hello Everybody,
We are thrilled to share our November newsletter with you, dear readers! Our team has been working hard to bring you the latest updates and developments from the Haven Parenting & Wellbeing Centre.

We've had a busy month with our coaching programs, and we're excited to share that we recently attended the CoECT conference titled "Meeting the Needs of Neurodiverse Children in Education Settings." We can't wait to share the highlights of the conference with you in the upcoming TIPS magazine, available on November 20th. We hope you find our newsletter informative.

Best wishes

Sair, Emma, and The Haven Team. Xx



To read the previous issues of TIPS click on the link below.

[READ MORE](#)

Neil's Breathwork Sessions are back!

Neil's "Off Switch" Breathwork sessions are back after a half-term break. These sessions will be held every Monday evening, starting from November 6th and will continue for six weeks. The sessions will last from 8:30 to 8:45 pm (GMT) and will be conducted on Zoom. To participate, all you need is a quiet space, good internet connection, and 15 minutes of your time. To book your place, just click on the link provided.

OFF SWITCH

Guided self-care to help find the 'Off Switch'

New Six Week Program on Monday evenings
20:30 - 20:45 (GMT)

November 6th, 13th, 20th, 27th,
December 4th and 11th

Wind down in fifteen minutes, as you experience calming breath techniques live via Zoom.

Program and sessions created by Neil Cunningham, carer, yoga and breath instructor.

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[Book a place.](#)



New on the Blog

What if you get to start your day with positivity and productivity?

A healthy morning routine could be just what you need to achieve this. It has proven benefits that include boosting your physical and mental health, enhancing your diet, and increasing your motivation and energy levels. Let's explore the benefits of a healthy morning routine and learn how to create one that works for you.

[READ MORE](#)



Do you want to find a better balance in life? Take the free life-balance assessment quiz.

[TAKE THE TEST.](#)

New Day Retreat Date.

Our next day retreat will be held in South Sheffield on January 26th. To book a place click the box below.

[Book now](#)

Book now!

Compassion Fatigue Prevention Day Retreat

Friday 26th January 10 am - 4 pm
Mercure Kenwood Hall Hotel & Spa,
Kenwood Road, Sheffield, S7 1NQ

From £75 per person

A Day Retreat, focused on relaxation, reflection, and rejuvenation. The day supports intervention and interruption of compassion fatigue.

The day includes:

- Intimate Retreat for 6-8 people.
- Therapeutic Coaching Techniques.
- 2-course lunch.
- Use of Spa facilities in the afternoon.



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