

# February Newsletter

Hello Everybody,

As the winter season continues, we hope you are still enjoying the comfort of warm, cosy nights and the opportunity to relax with a warm drink and a soft blanket. The evenings are gradually becoming lighter and brighter, indicating spring is coming. Take a moment to appreciate life's simple pleasures, such as curling up with a good book or sipping a cup of hot chocolate.

The beginning of the year has been quite busy for us, as we have welcomed clients to our 3 Steps to Connect programme, and Emma and Sair have just returned from delivering the first Compassion Fatigue Day Retreat of 2024, which took place near Sheffield. The latest edition of the TIPs magazine was released in January, featuring articles on the lack of empathy, supporting children with sensory issues, and playing even when you don't want to.

We are excited to announce the launch of our upcoming happiness coaching program. Our approach combines the power of Havening techniques with coaching to help you learn how to live in the present moment and find happiness in your daily life. The coaching program begins on February 19th and runs for eight weeks, providing you with ample time to learn and practice these transformative techniques.

Breathwork sessions with Neil are back on Monday evenings. Join us for a 15-minute session hosted on Zoom, where you'll learn to control your breathing and release stress and tension from your body. Neil's expert guidance will help you unwind and relax, leaving you feeling refreshed and energised for the week ahead.

We hope that you have a good start to the new month.

Emma, Sair, and The Haven Team. x

## OFF SWITCH



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

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

January 8th, 15th, 29th,  
February 5th, 12th, 19th and 26th,  
March 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.

BOOK NOW >

## Day Retreat News.

Our next Day retreat is scheduled for April in Gloucestershire. This retreat aims to provide you with a day of rest and relaxation, which can also help to prevent and interrupt compassion fatigue.

The day's schedule includes a morning of coaching, followed by lunch, and an afternoon of spa relaxation.

We also have another day retreat planned for June. If you are interested in attending, please email us with your preferred location.



## Compassion fatigue day retreat.

Friday 19th April 10 am - 4 pm  
Gloucestershire  
£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.



[www.thehavencentre.co.uk](http://www.thehavencentre.co.uk)



## Rest and Relaxation Sessions.



[BOOK NOW >](#)

## New monthly relaxation Session Available on Wellbeing Portal

We are pleased to announce that the second session of our rest and relaxation program will be available on the portal starting Thursday, February 1st. Our guided visualisations are designed to help you wind down and relieve stress after a long and tiring day. These audio recordings will take you on a journey of relaxation, helping you to clear your mind and relax your body. We hope you enjoy this session and find it beneficial in achieving a state of calm and tranquility. You will find the sessions in the programs section of the portal.

## Happiness is a habit



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Happiness Programme Launch  
The programme typically involves a 8-week program and costs £250, with payment plans available. Our next programme starts week commencing 19th February.

[Read more...](#)

## New Blog Post - Therapeutic parenting - exploring the approach.

Parenting is a journey that comes with its own set of challenges and rewards...

[Read more...](#)

