

May Newsletter



Hello everyone,

It feels like only yesterday we were sending out our last newsletter, but these past few weeks have gone by so quickly. May is a month of renewal and growth as we transition from the dreary winter months into the warmth and sunshine of spring. While we focus on blooming flowers and fresh starts, it's essential to prioritise our well-being and self-care. Taking time for ourselves can feel like a luxury in a world that often glorifies hustle and productivity. With that in mind, here is an overview of the events and resources we have put together for you for May.

The next relaxation session will be released today, and you can find it on a new part of the wellbeing portal. More information is included in this newsletter. Also, Neil continues to run breathwork sessions on Monday evenings, and these will be running until July.

We have two new blogs on the website: one covers therapeutically parenting children who are in their tween years between the ages of 8 and 12 years old, and the other blog is about vibrational energy and how to increase yours.

We are also pleased to see clients successfully applying for ASGSF (Adoption and Special Guardian Support Fund) for our 3 steps to connect programmes. These programmes will commence over the summer months, and our next intake after this will be for a September start.

Keep a lookout for the next edition of TIPS magazine, which is a conference special on the essentials of therapeutic parenting. TIPS magazine issue 9 will be available on www.issuu.com/coect from May 20th.

Best wishes

Sair, Emma, and The Haven Team.

New blog post - Navigating the Tween Years

Parenting is a journey full of ups and downs, twists and turns, and unexpected challenges. Just when we think we have a handle on things, our children enter a new phase and we're left feeling confused and unsure of how to navigate it.

[READ MORE](#) 

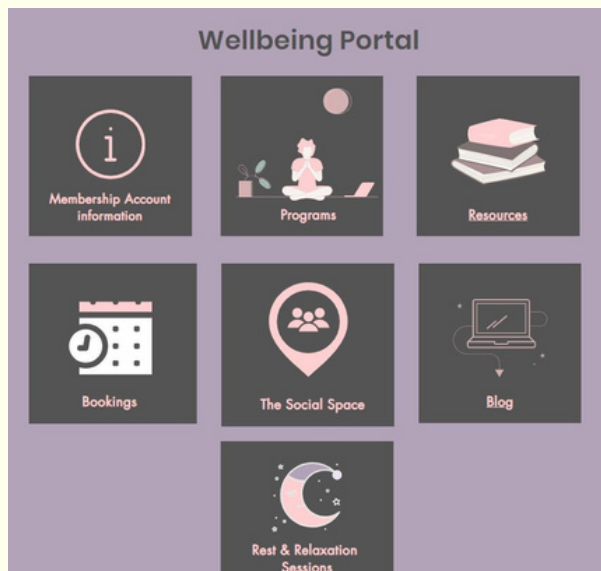


Our monthly Rest & Relaxation Session has a new home!

Our next rest and relaxation session will be available on the portal on the first day of every month at 8:30 pm (BST). This month, we are focusing on developing a growth mindset through a guided visualisation.

You will find it by going to the members wellbeing portal and when you get to the home page, click on the rest and relaxation session which has a moon symbol.

In the next section you will find all of the sessions, and the most recent one. Session 5 will be released on 1st May at 8:30 pm (BST) in the evening.



[Join the portal](#)

New blog post - Raising Your Vibrational Energy through Self-Care.

Taking care of yourself is very important for maintaining a healthy and balanced life. Self-care is different for everyone, but one thing people forget is to raise their energy levels. It's key for your well-being!

READ MORE



Off Switch



Breathwork Sessions with Neil.

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

www.thehavencentre.co.uk



Compassion Fatigue Day Retreat



www.thehavencentre.co.uk



Happiness is a habit



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