

Twinkle House spring courses

Twinkle House wellness and sensory centre, in Skelmersdale, is now taking bookings for the following courses:

- **Calm Kids (6 – 8 years old) commences 22 February 2023**
- **Chill Skills (9-11 years old) commences 23 February 2023**
- **NEW Sensory awareness workshops for parents/carers commencing March 2023**

Calm Kids and Chill Skills are designed to provide children/young people with coping strategies to alleviate their anxieties / worries and to create a better sense of 'wellbeing.' Both courses begin with a 30-minute taster session and then progress to four weekly sessions which last for one hour.

The sensory awareness workshops for parents/carers will provide you with a better understanding of the impact that sensory processing has on your child/young person.

To book onto any of these courses please complete the attached [booking form](#) and return to services@twinklehouse.co.uk.