

Feel good Friday

Feel Good Fridays offers women and their children (aged 1-5) a chance to develop new skills to enjoy together at home and to start off the weekend feeling positive ☺:

- ✚ Yoga – fun ways to stretch together
- ✚ Meditation – mindfulness matters
- ✚ PEEP - play through crafts
- ✚ Bookbug – discovering the joy in books



If you would like to attend (or would like to refer someone) please contact us:

- by phone on 0131 661 9292 or
- by e:mail at info@link-upsupport.co.uk

Link Up are delighted to have received funding from Craigentiny and Duddingston Neighbourhood Partnership to run this pilot scheme.



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2017 DATES:

- Friday 20 January, 10-12
- Friday 27 January, 10-12
- Friday 3 February, 10-12
- Friday 10 February, 10-12

No session in February break

- Friday 24 February, 10-12
- Friday 3 March, 10-12
- Friday 10 March, 10-12
- Friday 17 March, 10-12

LOCATION:

Link Up Women's Support Centre (see below)

