

Dance and Movement Therapy For Children and Young People

With Disabilities or Additional Needs and their Siblings

Class Calendar 2016/17

Part of our Big Lottery Funded 'Positive Intervention & Prevention' (PIP) Project

The aim of **Dance and Movement Therapy classes** is to help reduce children and young people's stress and anxiety, emotional difficulties or other minor difficulties they are going through.

Support will help children become more resilient and able to cope with difficulties they face by increasing their ability to relax themselves, be more confident and in control of their emotions.

Classes are release based, incorporating a wide range of dance styles and relaxation techniques into a FUN and inclusive structure of games and activities designed specifically for those attending the class.

Classes every THURSDAY (4-5pm) and SATURDAY'S (10-11am / 11-12pm / 12-1pm)

A new Course will run each calendar month (4 sessions /1 class per week), days and times above

At Twinkle House, 2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP

Costs is £8.00* per course (per month) payable in advance *no refund for non attendance

Classes will have a different theme each month, detailed below.

<p>September '16 Olympic Games</p> 	<p>October '16 Autumn and Halloween</p> 	<p>November '16 Cultural Diversity Exploration</p> 
<p>December '16 Christmas</p> 	<p>January '17 Fantasy and Imagination</p> 	<p>February '17 Exploring The Senses</p> 
<p>March '17 Story-Telling</p> 	<p>April '17 Spring</p> 	<p>May '17 Community</p> 
<p>June '17 Summer</p> 	<p>July '17 The Sea/Sea life</p> 	<p>August '17 Safety and Danger</p> 

To book a course contact: dance.twinklehouse@gmail.com

or Telephone: 01695 455625

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