



**COMMUNITY SPORTS
& EDUCATION
TRUST**
REGISTERED CHARITY NO: 1102239



FREE

Empower

Delivered across Harrow

A free 3 month after-school programme which helps young people aged 9-12 improve mental wellbeing through physical activity.

The Phases of Empower



Exploring
emotions



Implementing
coping
strategies

Each session is 90 minutes and consists of 60 minutes of physical activity and a 30 minute wellbeing workshop.

Date and time

"The course allowed for my child to learn to communicate better and share their feelings in a more productive way."

"We had regular updates about how well the children were doing, with tools to assist adults in many situations, too."

For further information contact:
empower@watfordcstrust.com | 07850 503447

