



## DON'T MISS OUR NETWORK EVENTS - CLWB HWBS

Join us for ideas on taking care of wellbeing, mindfulness and enriching each child's playful journey of balancing feelings, emotions and understanding acts of kindness that can impact everyone on a daily basis.

Our guest speaker, Harriet Beth Carr is a certified Health Coach, qualified Therapeutic Play Practitioner and trainee Play Therapist with PTUK based in Pembrokeshire.

From a young age Harriet knew she wanted to work with children and has always been interested in learning more about how she can support children with their health and wellbeing, which she does now through Therapeutic Play interventions and her children's health and wellbeing business, The Kind Nest.

### [The Kind Nest – Harriet Beth Carr](#)

Harriet has spent over 10 years fine tuning a specific skill set through her MA in Developmental and Therapeutic Play, training to become a Play Therapist and health coaching, mindfulness and counselling skills qualifications, allowing her to support children considering a holistic approach to wellbeing. She released her debut wellbeing focused children's book, The Mindful Walk, in 2021 and is particularly interested in utilising the power of play to help children work through emotions and learn useful skills to improve their health and wellbeing.

Find out how you can learn and develop your knowledge and skills to support the children that attend your Out of School Club. Harriet is joining us for our session and will be available to answer any questions or queries you may have around children's wellbeing.

QUALITY

SUSTAINABILITY

GOVERNANCE

**FEB**



**Supporting Mindfulness  
and Wellbeing in your Out  
of School Childcare club**

05/02/2025 | 18:30-19:30

**[Book here](#)**

