



# REBOOT

online support to give  
your wellbeing an upgrade

**CANW Emotional Health & Wellbeing service  
are introducing a new therapeutic support service for  
children aged 5-11 years that is digital and interactive**

**Children will work alongside  
an experienced practitioner to:**

- Understand how their mind & brain works in scientifically proven ways.
- Develop healthy self awareness and self esteem.
- Discover how to manage their emotions and stay calm under pressure.
- Learn how to solve problems and develop resilience.

**For more information**

If you would like a referral form or further information please contact:

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**in partnership with:**

