

NOVEMBER NEWSLETTER

Kids Giving Back



www.growingstrongminds.com

How can you give a much greater gift this Christmas? Volunteer your time to those less fortunate. Kids Giving Back provides this platform. They are a not for profit organisation offering volunteering opportunities for kids aged 6-18 year of age. Their aim is:

“To create the next generation of generosity.
Making it easy for kids to do good.”

Volunteering can be done as a family or school. Activities include: making and delivering food to homeless people or asylum seekers; cooking and engaging with the elderly; and sorting and providing clothing for those living in shelters. Further information is available for families at: facebook.com/KidsGivingBack, and for schools at: kidsgivingback.org/about-school-programs.



Book Recommendation

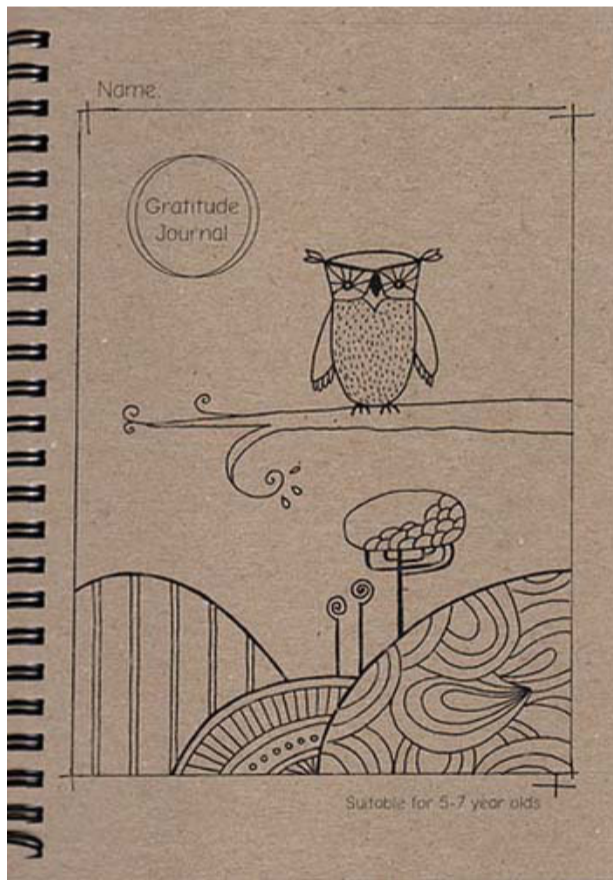
A lovely book to remind children of the simple ways they can be kind.

[See More >>](#)

XMAS GIFT IDEAS

Looking for a wellbeing gift? Why not give the gift that keeps on giving - Gratitude Journals. Practicing gratitude helps us to focus on all the good things in our lives, enhancing psychological and physical health. We offer 3 Journals for ages 5 years to adults.

[See More >>](#)



START 2018 WITH STAFF WELLBEING

Start your year with investing in your most valued asset - your staff. Our wellbeing package Strong Minds not only enhances individual staff wellbeing but also builds relationships amongst staff. Book your 1.5 hr staff workshop now.

[Learn More >>](#)

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Warmest wishes,
Nicole and the team at
Growing Strong Minds

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