



First Breath Wellbeing | The Art of Mindfulness | Aware | Breath | Centre

What: Children's Wellbeing Program

Where: 67 King Street, East Fremantle WA 6158

When: Dates: run in line with term starting second week back post school holiday periods and do not include public holidays

Monday: 3.30-4.30pm | TBA

Cost: Paid by term on or before the first Monday of each term

What to Bring: A piece of fruit to share

Old shirt with sleeves to cover school shirt sleeves

Note to Parents:

Please note, First Breath children's programs are wellbeing focused. The children will participate in breath, relaxation, play and open ended art activities while enjoying the necessary space to develop right brain strengths.

The techniques will be repeated so that over time the children can self apply.

The program assists children to further develop emotional resilience by recognising feelings and building a strategy bank, that better skills the child to self regulate and be able to prepare for setting a calm, peaceful environment (physical or emotional) which assists them in later primary and high school years when study and homework become a larger part of their day.

For further details please contact Karen Neville on 0407473575



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Enrolment Information

Name of Parent / Guardian: _____
Email Address: _____
Phone Number: _____
Emergency Contact Name and Number: _____

Name of Participant / s

Name:	Sch Yr:
Name:	Sch Yr:

Known Allergies: _____
Photograph Approval (website/social media) _____
Signature: _____

Payment Account Details: BSB: 066121 | ACC: 1034 5963 | (child's name in description of the deposit)

Waiver and Release

1. Nature of Activity

I, the Releasor, [am of legal age and / am the legal guardian of a child who] wish/es to participate in First Breath Wellbeing classes, to take place at agreed location and agreed time.

2. Waiver

I, the Releasor, hereby waive, release, and discharge the Releasee (who runs or operates this activity) for all liability for or by reason of any damage, loss or injury (including death) to myself, my child, or my property which has been or may be sustained as a result of participation in the activity.

3. Acknowledgement:

I, the Releasor, hereby acknowledge the following:

- a. I have read this Waiver and Release thoroughly and I fully understand it.
- b. I am voluntarily executing this Waiver and Release.
- c. This Waiver and Release restricts me from suing or otherwise claiming against the Releasee, presently or at any future time, for damage, loss, or injury that may occur to myself, my child/children, or my property as a result of my child/children participating in this activity.

_____ DATE: _____

Releasor Signature: