

# ELEVATE FOUNDATION

## ACTIVITY CALENDAR 2024

### COURSES APRIL - JUNE

#### 6-WEEK COURSE



#### EMPOWERING YOUNG MINDS

 Sundays 11am-12:30pm, Ages 11-16 years

Covering self-awareness, anxiety, mindfulness, self-love/care, positive relationships

Dates: April 21st, 28th May 5th, 12th, 19th & 26th

Location: Mad4dance, BH23 1QE

£10 plus Eventbrite Fee

#### 3-WEEK COURSE



#### FLAVOURS COOKERY

Mondays 4:30pm-6pm, Ages 8-11 years

Fantastic 3-week cookery course, working in small groups to create 3 dishes that they sample at the end.

Dates: May 13th, 20th & June 3rd

Location: Flavours School of Cookery, BH7 6BQ

£10 plus Eventbrite Fee

#### 3-WEEK COURSE



#### FLAVOURS COOKERY

Mondays 6pm-8pm, Ages 12-16 years

A fantastic 3-week cookery course, creating 1 dish to take home and 1 dish to sample each week.

Dates: June 10th, 17th & 24th

Location: Flavours School of Cookery, BH7 6BQ

£10 plus Eventbrite Fee

#### 6-WEEK COURSE



#### BLUE SPACE THERAPY

Fridays 4:30pm-6:45pm, Ages 11-16 years

Surfing, paddle boarding, body boarding with elements of sensory regulation and outdoor play therapy.

Dates: June 7th, 14th, 21st, 28th July 5th, 12th

Location: Sorted Surf School, The Overstrand, BH5 1BN

TO BOOK OR FIND OUT MORE VISIT:  
[WWW.ELEVATEFOUNDATION.CO.UK](http://WWW.ELEVATEFOUNDATION.CO.UK)

