

# Functional Reflex Therapy

## FRT **Rainbow** routine workshop

FRT is an adapted form of reflexology designed for children and adults with autism, learning difficulties, special educational and additional needs. It is a structured routine to use on the feet and hands, delivered with the FRT tool kit to support communication.

FRT may help to reduce anxiety, relieve tension, improve mood, encourage social interaction and increase receptiveness.

**Wednesday 12<sup>th</sup> September 2018 10am – 1pm**

Gade Community Room

Chaulden Junior School

School Row

Hemel Hempstead, HP1 2JU

Please note this workshop is only open to Dacorum parents / carers. To book your place please contact Ashley Fabray on 07525 917125 or [fabray@kls.herts.sch.uk](mailto:fabray@kls.herts.sch.uk)

Due to the practical nature of this workshop, please contact Emily Laver if you have any health condition of the hands, feet or nails prior to attending the workshop at [contact@ametrinereflexology.co.uk](mailto:contact@ametrinereflexology.co.uk) or 07717 783728

