

## BeWell – Gozo

Supporting the wellbeing of children with disabilities through creativity, movement, and connection.

The BeWell Programme in Gozo offers fun, inclusive, and enriching activities designed to support children having disabilities and low/medium support needs.

Through engaging recreational sessions, BeWell promotes wellbeing, confidence, and social inclusion for children aged 4–14 years.

A 30-week programme running January to December (excluding summer), BeWell provides children with a safe and nurturing space to explore new skills, enjoy creative outlets, and build resilience.



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Sample activities may include:

- Yoga & Mindfulness – building calm, focus, and emotional balance
- Drama & Dance – encouraging expression, confidence, and teamwork
- Arts & Crafts – sparking creativity and joy

Plenty more activities to discover.....

**Launching: January 2026**

To join, please fill in the expression of interest form. You will be kindly requested to submit your child's most recent psychology report. An appointment will be set with you to assess your child's level of support needs.



To Apply: <https://forms.office.com/e/DNPvHAQn2C>

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