

Mindfulness for Parents



Free Taster Sessions

These sessions look at how we deal with the stress and worry which comes from being a parent or carer. We can learn to notice what happens when we are stressed and how mindfulness can help us learn how to keep calm when faced with difficulties. We can then be there for our children in a calmer, clearer frame of mind.

Mindfulness for Parents/Carers supports us to:

- **Feel more confident about being a parent**
- **Manage stress and frustration**
- **Talk to and listen to children**

FREE Taster Sessions for Parents/Carers

Day: Friday Mornings
Time: 9.30am -11.30am
Dates: Friday 19th January, 26th January, 2nd February 2018
At: Hannah More Primary School
Cost: FREE with Creche provided
Contact: mcp.bristol@gmail.com, www.connectingwithmindfulness.co.uk
or speak to Ruth at school.