

Mindfulness for Parents (250 GBP)



Mindfulness for Parents



Pause•Soften•Connect•Be

A Mindfulness Based Stress Reduction Course for parents and carers, looking at how we deal with the stress and worry which comes from being in the role of a parent or carer. This ten-week course allows parents to notice our habitual patterns of reactivity and learn mindfulness based techniques to regulate our emotions and reactions more effectively.

These valuable tools support us to be able to pause, soften, connect with our breath and be in the moment with whatever is here and therefore respond more appropriately.

Evidence shows that when under stress, parenting skills are found to collapse.

In this course, the parents' own stress and suffering, are the primary focus, rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports us to:

- Reduce stress
- Reduce harmful intergenerational patterns of parenting
- Improve our emotional regulation
- Improve family communication and relationships



mindfulparenting.com
www.mindfulparenting.co.uk

Taster Workshops:

Wednesday 13th September 6.30-8.30pm - £10

Wednesday 20th September 6.30-8.30pm - £10

Course Details:

On: Wednesday evenings 6.30-9.00pm

From: Wednesday 27th Sept - 29th Nov 2017

At: Redland Green School, Redland Court Road

Redland, Bristol BS6 7EH

Cost: Includes handouts, practices, retreat day, weekly

support. Sliding scale so please get in touch:

(sponsored fee to support others in need)

£270 (waged)

£190 (unwaged) - Can be paid on a weekly basis.

Location

South West, Avon

<https://www.freadsz.co.uk/x-546148-z>

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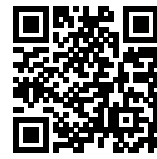
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