

# 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

**Taster Workshops:**  
 Wednesday 13<sup>th</sup> September 6.30-8.30pm - £10  
 Wednesday 20<sup>th</sup> September 6.30-8.30pm - £10



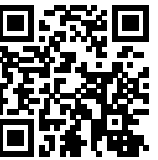
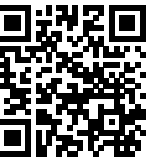
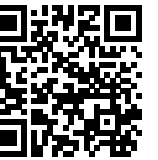

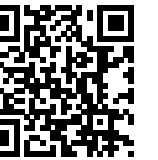

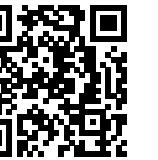
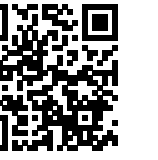
**Course Details:**  
 On: Wednesday evenings 6.30-9.00pm  
 From: Wednesday 27<sup>th</sup> Sept - 29<sup>th</sup> Nov 2017  
 At: Redland Green School, Redland Court Road, Redland, Bristol BS6 7EH  
 Cost: Includes handouts, practices, retreat day, weekly support. Sliding scale so please get in touch: sponsored fee to support others in need) £270 (waged) £150 (unwaged) - Can be paid on a weekly basis.

**Mindful Parenting & Community Project**

mao.trees@barnet.com  
 www.communitymindfulness.co.uk

Location **South West, Avon**  
<https://www.freeadsz.co.uk/x-546148-z>

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