

Stressbusting for Parents



PAUSE . BREATHE . BE



This powerful ten-week course explores stress, particularly from being parents or carers. Evidence tells us that stress makes it hard to remember parenting strategies. This unique course trains the brain in a different way.

By the end of this course, you will have a toolbox of mindfulness practices for every situation which will help you:

Manage strong emotions. Feel calmer. Be more accepting. Respond to your children in the way you want to in times of stress. Be a more confident parent. Enhance your enjoyment. Create precious moments with your children. Re-discover yourself.

Using mindfulness practices that support conflict, rift and repair, setting limits and helps you reconnect with yourself again.

FREE 10-Week Stressbusting Course for Parents/Carers .

FREE refreshments . FREE Creche

Day/time: Friday mornings, 9.30-11.30am

Time/venue: Bannerman Road Children's Centre, Bannerman Rd, Easton, BS5 0RL

TASTER SESSION DATE: Fri 8th October 2021 9.30-11am

COURSE DATES: Fri 5th Nov 2021 for 10 weeks 9.30-11.30am (term time)

Contact: Donna Person 07747 573687 or Jacky Slade 07759 443855

Email: mcp.bristol@gmail.com,

Website: mcp.info or stpaulschildrenscentre.co.uk

Or speak to Gaynor at Central Bristol Children's Centres 07917 615354
or 0117 9030337

**BOOKING
ESSENTIAL**