



Chatterminds



Mindfulness for parents and carers

A Mindfulness Based Stress Reduction Course for parents and carers.

This 5 week Zoom course is a foundational course that introduces parents to the benefits of mindfulness and explores how mindfulness can support parents to:

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

Taster Session:

Friday 11th February 10am - 11:30am

Click [here](#) to book

Course Dates:

Friday March 4th to Friday April 1st 10am - 12:30pm (term time only)

Cost: £99

Click [here](#) to book

Pause - Soften - Connect - Be



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