

Workshops to Manage BIG Emotions in the Family

This series of Mindful, Kindful Workshops support parents with practical techniques that help navigate family challenges.

Run by the Mindful Parenting and Community Project



As parents we live busy and stressful lives with many things on the go. We are often managing other stressors such as budgeting, neurodivergence and long “to do” lists. It’s no wonder that we sometimes struggle or feel burnt out.

Mindfulness has been proven as supportive and beneficial in managing stress. It can build our emotional resilience, help us be more present with our children and support us to maintain healthy habits and relationships.

These online workshops support parents with family issues such as managing big emotions, slowing down and being more present with our children and how to manage conflict within the family.

The Mindful Parenting and Community Project has been supporting parents for 10 years. We are parents ourselves and so have a lived experience of these challenges.

For more info:

www.mpcp.info

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Book a place here:



Booking Details:

These Online Workshops run from 10.00 – 12 noon via Zoom

Managing BIG Emotions Toddlers to 10's
Monday 27th January 2025

Managing BIG Emotions Tweens and Teens
Friday 28th February 2025

Managing Conflict within the Family
Monday 24th March 2025

Less Rushing and More Presence
Friday 25th April 2025

Cost:

Unwaged - Free

Low Waged - By donation

Waged - £20

Book:

<https://www.eventbrite.co.uk/e/workshops-to-manage-big-emotions-in-the-family-online-tickets-1101157735429?aff=oddtcreator>