



Stressbusting for Parents



This powerful ten-week course explores stress that comes from being a parent or carer. Evidence tells us that in moments of stress we cannot easily remember parenting strategies. This course is unique because it trains the brain in a very 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

This unique course also offers mindfulness practices that support conflict, rift and repair, setting limits and helps you reconnect with yourself again.

FREE TASTER SESSION

FREE 10-Week Stressbusting Course for Parents and Carers.

FREE Refreshments

TASTER SESSION DATE: Friday : 4th April 2025 9.30am - 11am

Course Info:

Course Dates: Fridays: 25th April – 4th July 2025 (term time only)

Day/time: Friday mornings 9.30-12pm

Venue: Upper Horefield Community School & Early Years, Sheridan Rd, Horefield

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**BOOKING
ESSENTIAL**