

Workshops to Manage BIG Emotions in the Family

This series of Mindfulness Workshops supports parents with practical techniques that help navigate family challenges.

Run by the Mindful Parenting and Community Project



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, developing emotional resilience with our children and how to manage conflict within the family.

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

For more info:

www.mpcp.info

mpcp.bristol@gmail.com

07949399633

Book a place here:



Booking Details:

These Online Workshops run on Fridays
from 9.30 - 11am or Weds 6-7.30pm via
Zoom

Managing Difficult Behaviour

Friday 6th March am

Weds 11th March pm

Developing Emotional Resilience

Weds 22nd April pm

Friday 24th April am

Managing Conflict within the Family

Friday 8th May am

Weds 20th May pm

Love and Limits (setting limits)

Friday 5th June am

Weds 17th June pm

Managing Emotions Teens/Tweens

Weds 1st July pm

Friday 10th July am

Cost: Unwaged - By donation

Low Waged - £10

Waged - £25

Book:

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-1980949798172?aff=oddtcreator>