

Mindfulness for Parents



Pause • Soften • Connect • Be

A Mindfulness Based Stress Reduction Course for parents and carers, which looks at how we deal with the stress and worry which comes from being in the role of a parent or carer. This eight-week course allows parents to notice what our habitual patterns of reactivity are like and how mindfulness based practices can help us learn how to regulate our emotions, including the stress reaction. Therefore supporting us to be able to pause, soften, connect with our breath and be in the moment with whatever is here, therefore responding more appropriately.

Evidence shows that when under stress, parenting skills are found to collapse. In Mindfulness for Parents, the parents' own stress and suffering, are the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports us through:

- Reducing stress
- Reducing harmful intergenerational patterns of parenting
- Improving affect or emotional regulation
- Improving family communication and relationships



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Mindfulness for Parents & Carers

On: Fridays 9.45 - 12.15

Dates: 5th October - 7th December (Term time only)

At: The Central Quaker Meeting House, Champion Square

Cost: £250 (waged), £220 (Low wage), £200 (unwaged). This cost includes taster & orientation sessions, 8 week course, retreat day, practices and handouts. £270 if you would like to sponsor a place.

Taster Workshops:

Friday 21st September 9.45-11.45am

Friday 28th September 9.45-11.45am

Cost: £10 (Deducted from course cost if you book to attend the course)