

# Mindfulness for Parents

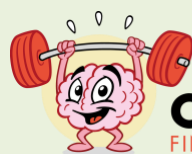
## Pause • Soften • Connect • Be

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 how we habitually react when under stress and then how mindfulness-based practices can help us learn how to regulate our emotions, including the stress reaction. Therefore, we become more able to pause, soften, connect with our breath and be in the moment with whatever is here and respond more calmly and appropriately.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, the parents' own stress and suffering, is 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 stressed out parenting
- Improving affect of emotional regulation
- Improving family communication and relationships



**CHATTERMINDS**  
FINDING HAPPINESS FROM WITHIN



[info@chatterminds.com](mailto:info@chatterminds.com)  
<https://www.chatterminds.co.uk>  
[mppcp.bristol@gmail.com](mailto:mppcp.bristol@gmail.com)  
[www.connectingwithmindfulness.co.uk](http://www.connectingwithmindfulness.co.uk)

## Mindfulness for Parents & Carers Course

**On:** Fridays 10am - 12.30

**Dates:** 4<sup>th</sup> October - 13<sup>th</sup> December (Term time only)

**At:** The Central Quaker Meeting House, Champion Square

**Cost:** £250 (waged), £220 (Early Bird - before 22<sup>nd</sup> Sept), £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 20<sup>th</sup> September - 10am - 12 noon

Friday 27<sup>th</sup> September - 10am - 12 noon

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