

# FREE 6 WEEK COURSE!



## Mindfulness for the Nurturing Parent

A 6-week online course where you as a parent can have the time to nurture and sustain your own well-being. Through learning mindfulness skills you can cultivate resilience to stress and have the capacity to fully enjoy everyday moments.

Each session is two hours and includes practising different short meditations, doing some mindful activities and having discussions in pair and group work. There is also home practice so you can try it out at home and see how it might best work for you.

No experience of mindfulness is needed and it is safe, kind and supportive environment: any input in discussions is invitational and these centre around feedback on the practices rather than talking about home situations. Parents only share what they feel comfortable with.

**Introductory session: Friday 23<sup>rd</sup> October 10am**  
(to give you the opportunity to check the course is right for you)

**6-week course will take place every Friday on the following dates:**  
**6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> November & 4<sup>th</sup>, 11<sup>th</sup> December**  
**10:00am – 12:00pm      Online via Zoom**

To find out more or to book:  
call: 030 300 38212  
email: [community.info@sussexdowns.ac.uk](mailto:community.info@sussexdowns.ac.uk)

