

Mindfulness

Thursday 6th December & Thursday 10th January

1.00pm - 3.00pm

Gade Community Room,

Gade Schools Family Support,

c/o Chaulden Junior School, School Row,

Hemel Hempstead, HP1 2JU

Parenting is perhaps one of the most rewarding, and certainly most important, jobs we can do. When things are going well it can also be extremely satisfying, however, during those challenging moments we can be tested intensely.

Over these two 2-hour workshops you will receive advice and strategies to help you and your child manage stress and emotions, and improve your wellbeing and relationships by:

- Making the most of the good and avoiding reacting negatively at difficult times
- Being more present with your children
- Enhancing your patience
- Appreciating the small things

To book please contact:

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