



Nurturing Parents

A new mindfulness course for parents and carers

This eight week mindfulness course, designed by the Centre for Mindfulness Research and Practice at Bangor University, supports parents and carers to incorporate mindfulness and self-compassion into their family life.

- Learn to manage stress more effectively and increase your wellbeing
- Gain confidence in parenting skills and share experiences with other parents / carers
- Improve family relationships
- Develop self-care, in order to better nurture your child / cared-for person

Dates: 28 Oct, 11, 18, 25 Nov and 2, 9, 16, 23 Dec from 12.30pm-2.30pm

Cost: £195 (£155 suggested concession, free places for unwaged)

Where: Norwich city centre location

e: mindfulness@norfolkandwaveneymind.org.uk

t: 01503 432457

www.norwichmind.org.uk/mindfulness

Norfolk and Waveney Mind is a registered charity – No. 1118449

