

Free



*Take a Moment-
Free Mindfulness and
Compassionate Parenting
Workshop*

*Dealing with the ups and downs
of parenting can be stressful and
overwhelming at times.*

*This workshop gives parents
and carers an opportunity to
explore different ways to cope
with stressful family situations
using concepts from Mindful and
Compassionate Parenting.*

*Take a moment to reflect and
create a little calm space for
yourself.*

*Take a Moment-
Mindful and Compassionate Parenting Workshop*

Sunday 27th Oct 2019, 10.30am-12.30pm

Tribe Party, 19 Windsor Place, Portobello, EH15 2AJ

To Book Email: admin@mindfullyconnected.co.uk

or Text: 07585005823

www.mindfullyconnected.co.uk



APPROVED TEACHER 2019-20
MINDFULNESSASSOCIATION.NET

