Mindfulness for Parents (250 GBP)

Location **South West, Avon**
https://www.freeadsz.co.uk/x-546148-z

A Mindfulness Based Stress Reduction Course for parents and carers, looks at how we deal with the stress and worry which comes from being in the role of a parent or carer. This 10 week course allows parents to notice our habitual patterns of reactivity and learn mindfulness based techniques to regulate our emotions and reactions more effectively. These valuable tools support us to be able to pause, soften, connect with our breath and be in the moment with whatever is here and therefore respond more appropriately. Evidence shows that when under stress, parenting skills are found to collapse. In this course, the parents' own stress and suffering, are the primary focus, rather than the problem behaviour of the child. Mindfulness for Parents/Carers supports us to: • Reduce stress • Reduce harmful inter-generational patterns of parenting • Improve our emotional regulation • Improve family communication and

Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z
Mindfulness for Parents https://www.freeadsz.co.uk/x-546148-z