

ONLINE WORKSHOP FOR PARENTS

8 Weekly Online Sessions

With Tina Hesse (Children and Young People Service Manager)

These sessions will explore how, as a parent you can take time to “Pause”

- explore and recognise habits of mind and body and begin encouraging an awareness with patience and kindness.
- Bringing curiosity to our experience
- Mindfulness in daily
- Tuning into thoughts and feelings
- Exploring difficulty and building resilience
- Relating to ourselves and others
- Cultivating balance in our lives how you can boost your mood and wellbeing through your choices both about what things you do and how you do them.
- Mindfulness and the rest of your life

Dates: 1st November 2021 – 20th December 2021

Every Monday

Time: 18:30 – 19:30

Via Zoom

(Zoom link to be sent on application)

For more information and to secure your place, please contact the Children & Families Hub

(Please note that there are limited spaces)

Tel: 01534 519000

Email: Childrenandfamilieshub@gov.je

