

MINDFULNESS WORKSHOP FOR PARENTS

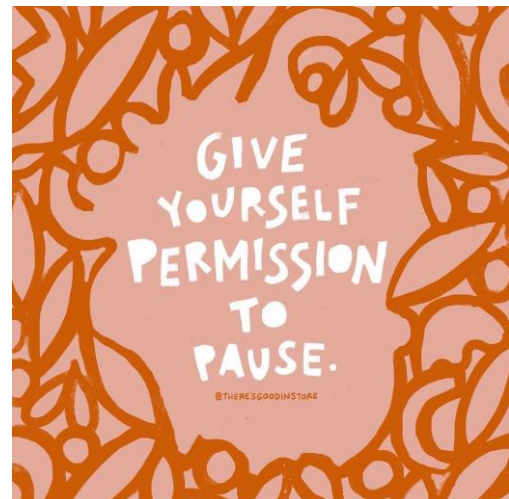
This introductory workshop of a time to pause will help you learn the benefits of taking a break and giving yourself a time to pause, led by Tina Hesse from Mind Jersey

It will support skills of self-love, care and compassion so you can respond to difficult times in your life with kindness and care.

Allowing time for Self-care can help us be kind and caring toward ourselves rather than being critical and judgemental.

You will learn how to:

- Practice self-compassion and kindness in your daily life
- Decrease stress and anxiety
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater care
- Learn how to appreciate yourself and give yourself permission to undertake self-care as a daily practice



Date: 26th October 2021

Time: 18:00-20:00

Venue: The Bridge

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

(Please note that there are limited spaces)

Tel: 01534 51900

Email: Childrenandfamilieshub@gov.je



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JERSEY**