

Mindfulness for Bristol Parents of SEND Children



Pause•Soften•Connect•Be

A Mindfulness Course for parents and carers living in Bristol, which looks at how to be with the stress and worry that comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows us to notice how we habitually react when under stress and how practising mindfulness techniques can help us to regulate our emotions more effectively, including becoming more resilient during stress. With practise, we become more able to pause, soften, connect with our breath and be with difficulties in the moment. As a result, we may find we are able to respond more calmly and skilfully.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

Online Mindfulness for Bristol Parents of SEND Children:

Day: Tuesdays 9.30 am – 12 noon

Dates: 14th January 2025 – 25th March 2025 (Term time only)

Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

Contact: mpcp.bristol@gmail.com

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