



MINDFUL PARENTING

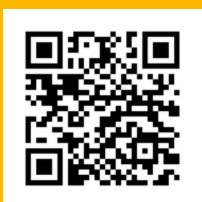
FREE 6-WEEK ONLINE COURSE

AWARE NI, the depression charity for Northern Ireland, is delighted to offer a series of free 6-week online introductory mindfulness programmes specifically tailored for parents and carers of young children.

The Mindful Parenting course explores the many aspects of parenting and how bringing mindfulness to our roles as parents enhances our lives and wellbeing and those of our children.

- We have various courses running throughout the year
- These free courses are hosted online via zoom
- Beginners are welcome - no experience necessary!

For more information on available courses, please check the AWARE NI website by scanning the below QR code or email sharon@aware-ni.org



AWARE-NI.ORG



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

MINDFUL PARENTING

FREE 6-WEEK ONLINE COURSE

The course consists of six sessions. Each session lasts 2 hours and is primarily experiential – lots of practice, discussion and reflection.

It is aimed at parents and carers of young children and young teens. During the course, we will explore many aspects of parenting and how bringing mindfulness to our roles as parents enhances our own well-being and lives and those of our children.

Emerging evidence suggests that extending mindfulness into families can support parents and children and strengthen positive communication and relationships.

As parents, we have many demands and commitments, often resulting in increased stress levels and scattered minds. We find ourselves managing our own emotions and those of our children. We often wonder if we are 'getting it right' and doubt our abilities. Mindful parenting can help reduce parents' stress, boost confidence in all aspects of life and bring a greater sense of calm, ease, kindness and fun into daily living.

This is a truly valuable course for any parent or carer. Throughout the course, we embrace the reality of being a 'good enough' parent and the deep truth that we can only give our children what we have provided first to ourselves.

We will explore practices you can use at home with your children, designed to complement the adult practices you will learn each week. The practices are fun and offer a rich experience and a new way to spend time with your child.

PARTICIPANTS OF THE COURSE WILL BE EXPECTED TO

- Attend all sessions and be punctual
- Do some personal mindfulness practice in your own time
- Register on Zoom to obtain the Zoom link which will be emailed out to you
- Attend with your camera on

