



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.

Tuesdays 10am-12pm

14th May - 18th June 2024

Hosted via zoom. No experience necessary!

**To sign up please email: sharon@aware-ni.org
or scan the QR code!**



AWARE-NI.ORG



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.