



Free Stressbusting Workshops

These introductory workshops will look at how we deal with the stress and worry which comes from being a parent or carer. We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties. They will take place both in person and online and are offered free of cost.

Mindfulness for Parents/Carers supports us to:

- **Feel more confident about being a parent or carer**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**
- **Respond calmly in difficult & stressful situations**
- **Manage big emotions for ourselves and our children**

FREE Taster Workshops for Parents/Carers

Tuesday 28th November - Online - Managing Big Emotions for Tweens & Teens 7-8.30pm

Wednesday 6th December - St Lukes Church, Bartonhill - Introduction to Stressbusting 9.30 - 11 am

Wednesday 13th December - Briarwood School, Fishponds - Introduction to Stressbusting 9.30 - 11 am

Friday 12th January - Online - Managing Big Emotions for Toddlers to 10s 10 - 11.30am

Wednesday 24th January - Online - Stressbusting for Parents of SEND Children 10 - 11.30 am

Contact: mpcp.bristol@gmail.com, www.mpcp.info, 07949399633 to reserve your place.

As these workshops are grant funded and are offered free of cost, places will be allocated to parents in receipt of benefits and living in areas of deprivation as a priority.