



Pressing The Pause Button! Mind Full, or Mindful?



A zoom workshop for parents & carers focusing on the daily challenges of parenting.

Topics covered include:

- Anxiety around parenting skills...boosting your confidence!
- Parenting peer pressure, striving to be the “perfect parent”
- Learn simple mindful activities that will help you and child deal with anxiety
- A selection of 1 minutes tips and exercises to enable you to feel less stressed, no matter how busy you are!



Date: Thursday 10th February 2022
Time: 7.00pm to 9.00pm
Price: £5.00 per household

Booking requests: please contact Jo at Aspects.
email: admin@aspects.org.uk or call 01279 758134

