



Natural Flair

# Natural Flair Coaching Ltd

In Partnership with



Present:

## Pressing The Pause Button

### *An Introduction to Mindfulness in Parenting*

#### Topics covered include:

- ◆ The benefits of using mindfulness in parenting
- ◆ Discover if you are reacting or responding
- ◆ Learn simple mindful activities that will help you **and** your child deal with anxiety, concentration, unhelpful feelings and improve daily life
- ◆ A selection of 1-minute tips and exercises to enable you to feel less stressed and be mindful even if feel you are too busy to be!

A FREE 2 hour workshop for parents & carers in Dacorum funded by:

Delivering Special Provision Locally Area 8 and Partnership of Dacorum Schools



**Venue: Willow Room,  
Hobbs Hill Wood School,  
Peascroft Road,  
Hemel Hempstead,  
Hertfordshire, HP3 8ER**

**Time 7-9pm**

**Date: 17<sup>th</sup> April 2018**

**Come along and discover why mindfulness has such a positive impact on children and how we can use it as parents**

**Booking is requested. Please contact:**

**Ashley Fabray, DSPL8 Administrator**

**Tele: 07525 917125**

**Email: [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)**

Call NOW to secure your place on this popular workshop  
Please note that this event is only open to Dacorum parent/carer