



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 a child with additional needs
- ◆ 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 of children with additional needs 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: 17th 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

Call NOW to secure your place on this popular workshop

Please note that this event is only open to Dacorum parent/carers of children with additional needs