



Free Stressbusting Course for Parents

This 10-week course uses mindfulness techniques to look at and manage how we deal with the stress and worry which comes from being a parent with a child who has additional needs. We learn to notice what happens when we are stressed and practice new ways to keep calm when faced with difficulties.

Stressbusting for Parents uses mindfulness techniques that support us to:

- **Feel more confident about being a parent**
- **Manage stress and frustration and strong emotions**
- **Talk to and listen to children more calmly**

FREE 10-Week Course for Parents of children with additional needs

Taster Workshops:

Friday 10th and 17th September 2021

10-11.30am

Online Via Zoom

Book: <https://www.eventbrite.co.uk/e/taster-workshops-for-parents-of-children-with-additional-needs-tickets-161787313209>

Course Details:

On: Fridays 10.00 - 12.30

Dates: 24th September - 10th December 2021 (Term time only - no sessions 22nd and 29th October due to half term)

Online via Zoom

Book: <https://www.eventbrite.co.uk/e/stressbusting-for-parents-of-children-with-additional-needs-tickets-161785975207>

Further Info: Call Claire-Louise on 07949399633 or email mpcp.bristol@gmail.com, www.mpcp.info