

FREE 9 WEEK COURSE!



Mindfulness for the Nurturing Parent

**PLACES ARE LIMITED
PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT
BOOKING IS ESSENTIAL**

Learn Mindfulness practices to improve your own well-being and build resilience to deal with the challenges of parenthood and to enjoy fully the most simple everyday moments

- Welcoming and friendly environment
- Themes include kindness, understanding stress and mindful communication
- Led by an experienced mindfulness trainer

Tuesdays 16th January – 20th March 2018 (no session in half term)
10:00 – 12:00

at Sussex Downs College, Cross Levels Way, Eastbourne, BN21 2UF

To find out more or to book:
call: Zoe or Becky on 030 300 38212
email: community.info@sussexdowns.ac.uk

