

Mindful Awareness Parenting Group program

In this eight week program we will explore mindful awareness, which is about paying attention to what is going on in the present moment. Learning and using mindful awareness helps us to focus on ourselves and others with kindness and acceptance.

University research has also shown that mindfulness practice helps with chronic pain, stress, depression, anxiety, and improves immune system function and increases general well-being.

In the MAP™ workshops you will learn:

- notice what your child needs
- repair your relationships when things don't go as smoothly as you would like
- stay calm with your kids
- enjoy being a "good enough" parent
- to look after yourself even when you are busy looking after your family
- have fun and enjoy being a parent
- build lifelong relationship skills

The workshops are specifically designed to be nurturing, respectful, fun and supportive.



When:

Each Tuesday
14 February to 4 April 2023

Time:

12:30pm to 2:30pm

Where:

Darlington Children's Centre
12A Kurrajong Place
Seacombe Gardens

Free for those care-giving to a child aged under 18 years. Places are limited so bookings are essential.

To register your interest:

Call: AnglicareSA on 1800 569 094 or Bel at Darlington Children's Centre on 0438 862 295.
Or email: familyservices@anglicaresa.com.au

