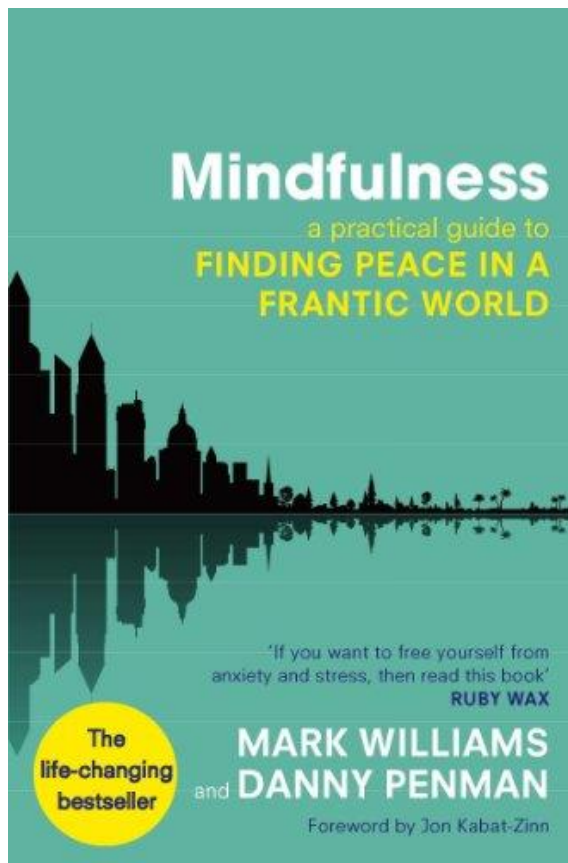


# MINDFULNESS FOR PARENTS & CARERS

*A practical guide to looking after yourself in the midst of parenting*



## **6 WEEK ON-LINE COURSE**

Adapted from the bestselling book "Finding Peace in a Frantic World" by Mark Williams & Danny Penman. Also including informal meditations that you can share with your child/children.

***STARTS MARCH 3rd 2022***

Subsidised Cost: £50

## **FREE TASTER SESSIONS**

**Find out more**

**Thursday 10<sup>th</sup> Feb - 8-9pm**

**Thursday 17<sup>th</sup> Feb - 8-9pm**

Mindfulness offers many benefits: it helps our mental and physical well-being and has been shown to alleviate anxiety, depression, stress and chronic pain.



### **COURSE GUIDE**

**Susie Stead** is a freelance mindfulness teacher based in Oxford. She was trained and competency assessed by the Oxford Mindfulness Centre (OMC) and is an OMC teacher. She also has 3 now adult children.

[www.susiestead.com/mindfulness-teacher](http://www.susiestead.com/mindfulness-teacher),

<https://www.facebook.com/mindfulnessinoxfordshire>

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