



Parent Workshop hosted by Donard School

A Six Week Mindfulness Based Stress Reduction Course (MBSR) for Parents.

As parents, the best way to share mindfulness with our children is to exemplify it in our relationships with them. This six-week mindfulness course will teach us how to better manage our own emotions and improve our overall sense of well-being and self-mastery.

Through mindfulness practices and group discussion we will cover:

- How to develop resilience in the face of anxiety and stress.
- Ways to slow down and attend to ourselves with greater wisdom and compassion.
- How mindfulness can help us “Stop and Think” when feeling overwhelmed.
- Six mindfulness practices which can be used in everyday life.
- Growing happiness: choosing to nurture ourselves and others.



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Every Monday for 6 weeks Starting on the 7th January 2019 from
9.30am until 11.30am

The conclusion of the programme will be a Retreat day on Saturday
17th February at Tobar Mhuire Centre. 10-3pm. (Transport provided)

This course can be booked by completing the attached form and returning it to school. (Spaces are limited, so please return you form promptly to secure a place).