

FREE 8 WEEK COURSE!



Mindfulness for the Nurturing Parent

PLACES ARE LIMITED - BOOKING IS ESSENTIAL

**WE REGRET THAT THERE ARE NO CHILDCARE/CRECHE
FACILITIES AVAILABLE FOR THIS COURSE**

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

This is an 8-week course taking place every Tuesday:
from 2nd October to 27th November (no session 23rd October)
10:00 – 12:00
at Sussex Downs College, Mountfield Road, Lewes, BN7 2XH

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