

Nurturing Parents

A mindfulness-based wellbeing course
for parents and carers



*Free 5-week course
Delivered in a small group
Tuesdays 10–11.30am
at Whitehawk Family Hub
Starting 23rd April*

This course could help you to:

- Recognise and manage the stresses of parenting
- Regulate strong emotions
- Develop compassion towards yourself
- Support the relationship with your children

More details on the back ..

Nurturing Parents: A Mindfulness-based Wellbeing Course for Parents and Carers

The Nurturing Parents Mindfulness-based Course is a programme that is relevant and accessible for parents and carers whatever your family circumstances. Mindfulness can help us recognise and manage the stresses of parenting and understand the importance of self-care to cultivate the connections we hope for and that we know are nurturing for our children.

This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This can open up a different way of understanding ourselves as a parent or carer, and this in turn supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

What to expect in the sessions

Each week has a different theme which is linked to the one in the previous week. There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing. You will also learn some approaches that can be practised with children and young people.

No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

When and where?

This course will be held for 5 weeks. Parents must attend every session.

The dates are: 23rd and 30th April, 7th, 14th, and 21st May 2024.

It will be held on Tuesdays 10-11.30am at Whitehawk Family Hub, 178 Whitehawk Road, BN2 5LF.

The 1, 1A and 21 buses stop outside, and free on road parking is available.

**If you are interested in attending this course please email
schoolsmentalhealthservice@brighton-hove.gov.uk**

Course facilitators: Tessa Wyllie and Beth Ruffell, Schools Wellbeing Service
Nurturing Parents: A Mindfulness-based Wellbeing Course for Parent and Carers was developed by Eluned Gold at the Centre for Mindfulness Research and Practice at Bangor University.