




Calming the Mind for Parents



A free* 5 week online course to introduce you to mindfulness in the comfort of your own home.

-  Explore ways to manage your stress levels
-  Find new ways to relax yourself and your family
-  Learn how to be mindful everyday

Wednesdays from 17th March

7:30-8:30

The course is being delivered via Zoom. You can access this via your smartphone, tablet or computer.

To book a place please email fay.tucker@gloucestershire.gov.uk





* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.



Happier and Calmer: Wellbeing at Home

A *free online course for parents

We will be guiding you through the latest science on how to build a happier and calmer home

-  Find ways to settle yourself as we come out of lockdown
-  Discuss ways to make your family calmer
-  Get tips to make you feel happier
-  Develop yoga and mindfulness skills

**A 5 week course running on Wednesdays
starting on 3rd March
9.30 - 11.00am**

The course is being delivered via Zoom. You can access this through your smartphone, tablet or computer. We can help you to use it.

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