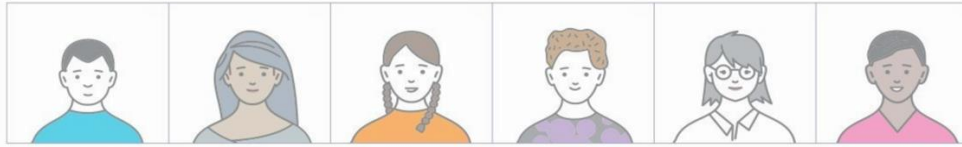




HEALTHIER MINDS



Mindfulness

The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experiences moment by moment”

(Kabat-Zinn, 2003, pg 145)

This summer, the Healthier Minds team are offering a 6 week introduction to mindfulness approaches for parents. The course will focus on bringing a mindful awareness to our daily lives and cultivating a loving kindness towards ourselves and others. This can help to reduce anxiety levels and increase our feelings of self-acceptance. The sessions will be done through a balance of formal practices (such as body scan, movement and meditation) and informal discussion as part of a small supportive group.

Sessions will be delivered via Teams from 9.30-11am on the following dates:

Thursday 15th July

Thursday 22nd July

Thursday 29th July

Thursday 5th August

Thursday 12th August

Thursday 19th August

**There may be a possibility of some face to face sessions as restrictions change.

If you are interested in attending this course please complete the attached contact form and return to ps@eastrenfrewshire.gov.uk before **Monday 12th July**. Unfortunately spaces are limited so all returns will be responded to by Tuesday 13th. If you have any questions please contact Siobhan Drummond ps@eastrenfrewshire.gov.uk
0141 577 8510

Contact Information

Name	
Phone number	
Email address	
Please tell us about what you hope to gain from attending this course?	
Is there anything you would like the facilitators to know in advance of attending?	