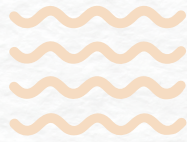


## Nurturing Parents

# Mindfulness Programme



Nurturing Parents is an adapted 8 week mindfulness course for parents. The course was specifically developed by Eluned Gold at the Centre for Mindfulness Research and Practice at Bangor University to support parents to incorporate mindfulness into their family life.

Learning mindfulness techniques to use at home can support parents in coping better with stress and anxiety and respond to situations differently. The course also reassures parents that they are not alone in their situation and gives them the opportunity to connect with others and share experiences.

The essential message of the course is the need for parents to learn self-care in order to be able to better care for themselves and others, as well as enjoy life, and manage the difficult times too.



### Overview of sessions

1. Orientation: explaining how the course will run and introduction to mindfulness.
2. Seeds of kindness, mindfulness movement and the brain.
3. Understanding stress and the body.
4. Working with stress.
5. The roller coaster of parenting and dealing with difficulty.
6. Mindful communication.
7. Inheritance tracks: what we bring from our own childhood and what we would like to pass on.
8. Mindfulness and the rest of our lives.

**Days, times and venue will be organised based on the needs of the participants who wish to join this supportive wellbeing programme.**

### Intended outcomes

- Improved mental wellbeing for parents and children.
- Better family relationships for parents and children.
- Reduced isolation.
- Increased confidence as parents.
- To cope better with stress and anxiety.

Mindfulness aims to support you to practice self-care; taking a break ~ a 'pause' and become a little kinder to yourself. It supports you to build resilience, learn to manage the ups and downs in life, and develop a daily practice to support you, your family, and your day.

The nurturing parenting mindfulness course is facilitated by Jason Steele, a local leading mindfulness teacher who has 30 years of extensive experience of working with parents, children, young people, and adults.

### Course setup

- The course includes 8 weekly sessions, each 2 hours in duration with a break to enjoy a brew and connect with others.
- Sessions include practical activities, discussions and short mindfulness practices.
- Groups will typically be up to 12 participants.
- Courses will be run in local venues and within Raise the Youth Foundation's facilities and/or online via Zoom.
- Participants will benefit most from the course if they are able to practice at home most days.



### For more information:

Email  
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Parenting support telephone  
**07507360305**



**Bolton Together**

