

Parent Course in Well-Being, Self-Care and Mindfulness

This three-week parent course (six hours) begins with the addressing the needs of the parent in terms of their own well-being through offering practices and life skills including mindfulness practices. If used regularly, these practices can aid in significantly reducing stress and improving quality of life.

The practices include:

- Simple CBT exercises
- Mindfulness sitting meditations
- Mindfulness practices to engage in as part of daily life
- Mindfulness cues
- Relaxing visualisation meditations

These practices will be repeated in each session in order to allow them to become woven into your daily life.

We will also look at the science of stress, identify specific stressors and look at the importance of responses to stress.

Once we have addressed the needs of the parent, we will move naturally into bringing these well-being, self-care and mindfulness practices into family life in a simple and practical manner. This will be offered through suggested practices for the home, along with suggesting many well-being resources (mostly home-made), which can enhance and facilitate these practices. We will look at the value of gratitude, compassion and kindness within family life and how to bring these practices into the home, again in a practical and valuable way.

There will be opportunities for discussion and feedback each week to help you in identifying what may or may not be working for you individually and as a family.

This course offers an ideal opening to bringing mindfulness and well-being practices to you and to your family.

Venue:	Laois Education Centre, Block Road, Portlaoise
Dates:	Tuesday 15 th , 22 nd & 29 th November 2016
Time:	9.30am – 11.30am each week
Facilitator:	Ann Marie Ireland, Primary Teacher and ChillOut Ireland Facilitator

To book a place on the above course please contact Yvonne, Laois Education Centre at **(057) 8672400**

- **There is no fee for the above course.**
- **Booking is essential.**
- **Places are reserved on a first-come, first-served basis.**