

# Mindfulness for Parents

5-week mindfulness group

**22nd Feb – 23rd March 2024 on Fridays 10 – 12pm  
at Rushmore Primary School in the Music Room**

Run by CAMHS Practitioners Su and Eva

This mindfulness group is for parents / carers who would like a nurturing space to develop a practice of mindfulness to support them with caring for themselves and their families.

This group is designed to help you to develop your own self-care mindfulness practice, to make time for yourself and to meet other parents / carers who also want a space to recuperate and reflect.



Sign up via at our Eventbrite page by scanning the barcode on the left or clicking here

