

Present Parenting Program



Learning to be present is a vital tool in both building strong emotional well-being and in connecting with others.

University research has shown that practising mindful awareness and learning to be present helps with chronic pain, stress, depression, anxiety, and improves immune system function and increases general well-being.

In the Present Parenting Program, you will learn;

- To notice what your child needs
- To repair your relationships when things don't go as smoothly as you would like
- Ways to help you stay calm with your kids
- Ways to look after yourself even when you are busy looking after your family
- To have fun and enjoy being a parent
- Lifelong relationship skills

The workshops are suited to any parent or caregiver who is looking to build better emotional health and connections within their families and are specifically designed to be nurturing, respectful, fun and supportive.

When	Thursdays 8 February – 29 March
Time	7:30 – 9:30pm
Where	CoroUniting Ministry Centre 415 Main Road, Coromandel Valley
Cost	\$80 per person

The Present Parenting Program is adapted from Rebecca Coleman's Mindfulness Awareness Parenting Program

Places are limited so book now to avoid disappointment.
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