




# Calming the Mind for Parents



A free\* 5 week online course to introduce you to mindfulness in the comfort of your own home.

-  Explore ways to manage your stress levels
-  Find new ways to relax yourself and your family
-  Learn how to be mindful everyday

**Wednesdays from 17<sup>th</sup> March**

**7:30-8:30**

The course is being delivered via Zoom. You can access this via your smartphone, tablet or computer.

To book a place please email [fay.tucker@gloucestershire.gov.uk](mailto:fay.tucker@gloucestershire.gov.uk)

\* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 ( less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.