



6 Week Course - **One Step at a Time**


A Pathway to

Family Well-Being

During this 6 week programme - *which is designed specifically for parents* - we will look at the effects of everyday stress and anxiety on our minds and our bodies. We will explore how to interrupt unhelpful thinking patterns and become kinder and more compassionate toward ourselves, especially as we parent our children.

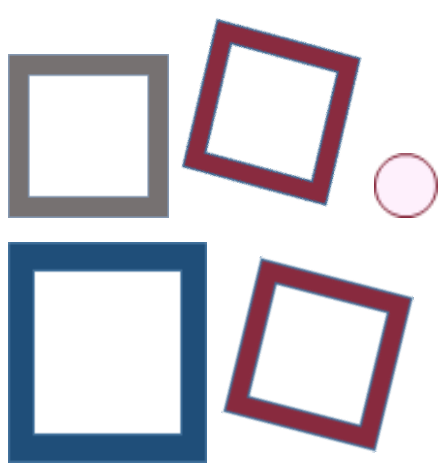
The importance of self-care and self-compassion will be emphasized for parents.

There will be a different topic offered for discussion and reflection each week in relation to challenges parents face.



SPS N

School Parents Support
Network Presents:



Topics Will Include:

- We will explore the effects of stress & anxiety on the mind and body - with attention given to helping parents support their children with their stress and anxiety
- Appreciating the importance of self-care for parents
- Looking at how the human brain is designed - examining teenage brain development
- The importance of recognising our unhelpful thinking patterns
- The benefits of healthy communication with our children - especially the art of listening

DETAILS

Cost:
€120

Venue:
St. John's Education Centre,
Holy Faith Grounds,
Glasnevin,
Dublin 11

Day and Time:
Thursday Evenings -
7pm to 8.30pm

Start Date:
30/1/20

Registration at
6.30 pm on 30/1/20

*Commencement of this course is
subject to a minimum number of 12
participants*

FOR FURTHER INFORMATION

PLEASE EMAIL:

helen.a.hughesirl@gmail.com

*Booking a place via email is
essential to monitor numbers
attending the course*

