

Bringing Up Great Kids - Using mindful parenting



A free parenting group for parents of children 1-8 years

We will discuss ideas to:

- Improve your relationship with your children
- Gain insights into your child's feelings and behavior
- Learn more about the origins of your own parenting style
- Develop strategies to manage parenting stress and respond mindfully
- Have more respectful interactions as a family

When: Wednesdays, 10am – 12, starting on February 26 until 2 April
(6 sessions)

Where: Preston Neighborhood House
218 High Street
Preston

Bookings: Are essential

For registration and enquiries please contact:

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