

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 17th 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

* 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.