

Parent Wellness Course

Being, Mindful & Kindful to Yourself

8th, 15th, 22nd May and 5th, 12th, 26th June, Fridays 10 – 12 pm
at Rushmore Primary School in the Music Room

6-week course run by Dr Su Batuwitage Psychologist

This wellness group is for parents/carers who would like a nurturing space for their wellbeing and to develop a practice of mindfulness and compassion to support them with caring for themselves and their families

This group is designed to help you to develop your own self-care practice, to make time for yourself and to meet other parents/carers who also want a space to recuperate and rest

Use the **QR code** or the weblink to access the **Eventbrite page to register** for this course:

<https://www.eventbrite.co.uk/e/parent-wellness-course-being-mindful-kindful-to-yourself-summer-2026-tickets-1985063118223?aff=oddtcreator>

