

Mindfulness Workshop for Parents

Tue 20 Aug 2024 | 10am to 12pm

**The Hepburn Centre
46 Highclere Boulevard, Marangaroo**

Free. A cup of tea and biscuits will be served.

Discover a moment of peace and rejuvenation in our Mindfulness Workshop for Parents. Designed to equip you with practical tools and techniques, this workshop will help you navigate the challenges of parenting with calm and clarity.

Join us for an immersive experience that includes guided meditations, stress-relief strategies, and mindful parenting practices. Take this opportunity to recharge, connect with like-minded parents, and cultivate a more balanced and mindful approach to your daily life. Your journey to greater well-being starts here!

How to register

Contact Melanie Hill at
melanie.hill@mifwa.org.au or 9237 8900.



Learn simple
techniques
to **de-stress**

Move
towards
**who you
want to be**

A safe,
nurturing
environment