

Mindfulness and Self-Compassion



Most of us are hard on ourselves when it comes to parenting.

Would you like to learn some mindfulness skills and practices
to help you be kinder to yourself?

This online workshop will look at mindfulness practice and self-compassion,
and why they are vital for our well-being.

Date: Wednesday 13 May 2020

Time: 10.00am to 11.30am

Venue: Online

Bookings: E: parenting@communicare.org.au or | P: 9251 5777

*Please note that you will need to access the internet and will need both audio and video connection.
Please be aware that this will use your data.*

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