

Mindfulness Techniques for Parents/Carers

Delivered by Autism Advisory Teacher **Ziekelle Noakhes** and SLCN Advisory Teacher **Carolyn Gelenter**



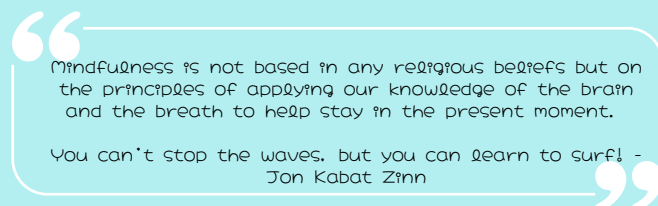
We are pleased to be able to offer this opportunity for parents and carers of Autistic children and/or children with speech, language and communication needs.

If you would like to learn some techniques for managing stress, anxiety and taking care of your wellbeing, we would like to invite you to these 3 FREE drop-in sessions. You are welcome to attend any or all of these stand-alone sessions.

Attendance at the sessions may support you to understand how mindfulness and self-compassion can improve your well-being, which is key to relationships with yourself and others close to you.

Studies show that using these sorts of techniques helps us stay in present moment awareness, which reduces stress levels, anxiety and worry.

Session 1	7th October 09:45 - 12:45pm	Kensington Town Hall
Session 2	10th February 09:45 - 12:45pm	Kensington Town Hall
Session 3	16th June 09:45 - 12:45pm	Kensington Town Hall



IF YOU WOULD LIKE FURTHER INFORMATION OR WOULD LIKE TO ATTEND PLEASE CONTACT
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