

Peaceful Parents program

'Peaceful Parents' is a Mindfulness and Positive Psychology based group workshop. These strength-based workshops are engaging, practical and supportive for parents. The program helps parents build on their parenting strengths to build resilient and calm kids.



Parents learn:

- Resilience building exercises and strategies
- Mindfulness strategies to keep stress levels low
- Mindful listening and responding
- Effective coping strategies
- How to help children manage their feelings
- How to create healthy thinking habits

Program structure:

- Peaceful Parents is a 4 week program for parents
- Sessions are approximately 1.5-2 hours in duration.
- Groups consist of 8-12 parents
- Places are strictly limited
- Classes are run by Angie Sloan from Masterminds Counselling



More information on the Peaceful Kids program: www.peacefulkidsclasses.com

Next group to be held at St Finbars Primary School:

Every Thursday February 28th, March 7th, 14th, 21st
Location: The Marion Room, Within St Finbars Church
Cost: \$200 for 4 weeks

Register your interest now at:

angie@mastermindscounselling.com.au or call 0413588100

