



## Mindful Parents

**CfC Frankston Community Workshop Series is designed for local parents/carers, sport and recreational groups, volunteers and staff working or living with children, who are seeking information and practical strategies.**

### Facilitated by Building Better Brains

This workshop will provide information on the science of mindfulness, self compassion and gratitude and ways you can practice incorporating mindfulness into your daily life.

- Train the brain for a sense of calm, self compassion and kindness.
- Explore how mindfulness physically changes our brain, behaviour & transforms our relationships
- Increase mindful, calming moments for children and adults and learn practical activities and tools for building a more mindful family.

Building Better Brains is led by Sian Chambers- Vallance, a clinical play therapist and creative counsellor and Tony Vallance, a counsellor and award winning teacher. For more information on the work of Building Better Brains, visit <https://buildingbetterbrains.com.au/>



**DATE:** Thursday 20th October

**TIME:** 7pm - 8.30pm

**WHERE:** Online via Zoom webinar.

**SCAN TO REGISTER for online attendance via zoom:**



CfC is funded by the Australian Government, Department of Social Services. See [www.dss.gov.au](http://www.dss.gov.au) for more information.