

**Tuesday 24<sup>th</sup> March 2020 at 8pm**

**Online**

To book please visit:

**<https://mindfulnesswebinarforparents.eventbrite.co.uk>**

Led by internationally  
renowned mindfulness  
teacher and author  
Christopher Titmuss and Ulla  
Koenig

# **Mindfulness Webinar for parents & carers**

**To support you through  
Covid 19 isolation**

**Are you a parent/carers experiencing any of the following?**

Anxiety, sleep issues, panic, information overload, isolation, managing fears in others, difficulty managing parenting in intense circumstances or family conflict?

**Take some time out to rejuvenate, relax and bring calm and clarity to your thoughts and feelings.**

**Please join us for an hour of mindfulness and meditation practice. No experience required.  
£10 per person.**

**Mindfulness Support Service C.I.C**

**[www.mindfulnesssupportservice.org](http://www.mindfulnesssupportservice.org)**