




# Calming the Mind for Parents



A free\* 5 week online course to introduce you to mindfulness in the comfort of your own home

-  Explore ways to manage your stress levels
-  Find new ways to relax yourself and your family
-  Learn how to be mindful everyday

**Monday Evenings 7:30-8:30**

**15 November- 13 December**

**To enrol now scan the QR code to take you to  
the website and signup!**

**Or email [fay.tucker@gloucestershire.gov.uk](mailto:fay.tucker@gloucestershire.gov.uk)**



\* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,374 per year; Qualified below a Level 2 ( less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.