

Workshops to Manage BIG Emotions in the Family

Mindfulness tools for calmer,
more connected parenting



Parenting can feel overwhelming when emotions run high.

These online workshops offer simple, practical mindfulness tools to help you:

- Stay calm in difficult moments
- Support your child's emotional resilience
- Reduce conflict at home
- Strengthen connection and communication

For more info:

www.mpcp.info

mpcp.bristol@gmail.com | 07949 399533

Online Workshops

Fridays 9:30 - 11am
Wednesdays 6-7:30pm
Via Zoom

Managing Difficult Behaviour

Friday 6th March am
Weds 11th March pm

Developing Emotional Resilience

Weds 22nd April pm
Friday 24th April am

Managing Conflict within the Family

Friday 8th May am
Weds 20th May pm

Love and Limits (setting limits)

Friday 5th June am
Weds 17th June pm

Managing Emotions Teens/Tweens

Weds 1st July pm
Friday 10th July am

Cost: Unwaged - By donation

Low waged - £10

Waged - £25

<https://www.eventbrite.co.uk/e/mindfulness-workshops-to-manage-big-emotions-in-the-family-tickets-1980949798172?aff=oddtcreator>

