

# Mindfully Me

Mindfulness can help us focus, be calmer and improve the way we connect with ourselves and others.

There is lots of evidence that mindfulness practices can be helpful for children both at home and in learning environments.

The group will include topics such as:

What is Mindfulness?

Helpful and Unhelpful Thinking Styles

Managing Emotions

Mindful Eating

Mindful Relationships

Join us as we explore how mindfulness could work for you and your children in a safe, fun and relaxed space.

**WHEN:** Monday - 9:30am-11:30am  
29 Jul 2019 - 16 Sept 2019

**WHERE:** Darcy Road School Hall

**COST:** Free

**CONTACT:**

Please visit or call Darcy Road Public School Office to Register your attendance



Please note: Limited places and childcare available