



FREE 6-WEEK MINDFULNESS COURSE FOR PARENTS/CARERS OF PRIMARY SCHOOL AGE CHILDREN AND YOUNGER

The Carrick Centre

**Thursday 23 May – Thursday 26 June
1.00PM – 2.15PM ***

Learn how to use simple mindfulness techniques to become calmer and less stressed.

* If you'd like more information about the course come along to an introduction session at the Carrick Centre on Thursday 9th May (1.15pm-2.15pm).

To book a place contact
Community Learning and Development Office (above library) or
alistair@lw2mindfulness.com