



Mindful Awareness Parenting (MAP) Workshop

MINDFUL AWARENESS PARENTING (MAP™) IS A NATIONALLY RUN PARENTING WORKSHOP DEVELOPED BY DR REBECCA COLEMAN WHICH AIMS TO PROMOTE THE EMOTIONAL CONNECTIONS BETWEEN PARENTS AND YOUNG CHILDREN (BIRTH - 5 YRS OLD).

WHAT DO MAP™ WORKSHOPS OFFER?

The content used in the map™ workshop series is evidence-based and cutting edge.

IN THE MAP™ WORKSHOPS YOU WILL LEARN;

- To notice what your child needs
- To repair your relationships when things don't go as smoothly as you would like
- Ways to help you stay calm with your kids
- To enjoy being a "good enough" parent
- Ways to look after yourself even when you are busy looking after your family
- To have fun and enjoy being a parent

Where: Child and Parent Centre, Rangeway, 13 Hovea St

When: Every Tuesday, Starting 24th, 31st, July; 7th, 14th & 21st August 2018

Time: 9:30 – 11:30 **Cost:** FREE

Crèche: FREE, registration required

Facilitator: Kate Foster, (MAP accredited facilitator) & Nicola Tropiano, Parenting Facilitator, Ngala

Phone: 0407 024 051 or **Email:** kate@kidshubtc.com.au

Registrations essential: www.kidshubtc.com.au (go to Families tab)

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