

# SPRING

## Supporting Families & Parents



### Mindful Awareness Parenting (MAP™) 8 week Group Program

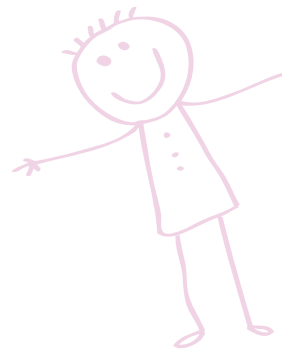
Mindful awareness is about paying attention to what is going on in the present moment. Learning and using mindful awareness helps us to focus on ourselves and others with kindness and acceptance.

University research has also shown that mindfulness practice helps with chronic pain, stress, depression, anxiety, and improves immune system function and increases general well-being.

#### 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
- Lifelong relationship skills

The workshops are specifically designed to be nurturing, respectful, fun and supportive



### WHEN

Thursday 10 May to Thursday 28 June

### TIME

9.30am to 11.30am

### WHERE

Hackham West Children's Centre

Situated in Hackham West Primary R-7

50 Glynville Drive, Hackham West

**FREE** for parents with a child under 16 years

CRECHE available on request

Places are limited so book now to secure your place

Please contact Deidre at AnglicareSA on **8118 2672** or

email [map@anglicaresa.com.au](mailto:map@anglicaresa.com.au)



**Hackham West  
Children's Centre**  
for Early Childhood  
Development and Parenting

