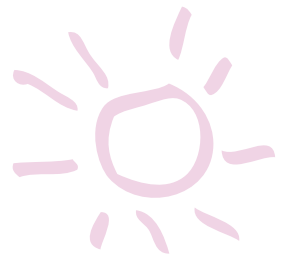


# SPRING

## Supporting Families & Parents



### Mindfulness 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
- Ways to look after yourself even when you are busy looking after your family
- To enjoy being a "Good Enough" Parent
- To have fun and enjoy being a parent
- Lifelong relationship skills

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

### WHEN

Monday 7 August to Monday 25 September

### TIME

9.30 to 11.30am

### WHERE

Hackham West Children's Centre  
Situating 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 Tara or Karen at Hackham West Children's Centre  
on **8382 6161** or email [Karen.walker808@schools.sa.edu.au](mailto:Karen.walker808@schools.sa.edu.au)

