

 Renew Your Mind

# MINDFUL PARENTING COURSE

This popular, practical 6 week Mindfulness course will arm you with the research-based parenting techniques and tools that help you stay calm in the middle of even the most chaotic days.

Learn how to reduce stress, improve family relationships and create deep, lasting connections with your children of all ages.

**Start date:** Thursday 19<sup>th</sup> August

**Time:** Thursdays 7.30pm – 9.15pm

**Duration:** 6 weeks

**Location:** Murrays Bay Intermediate

**Cost:** \$150

**Special couples rate** \$250 per couple

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Facilitator:

**Gabrielle Findlay** C.Psychol (UK)

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## TESTIMONIALS

*"Absolutely fantastic, hugely stimulating and already made a positive impact in our house" – Mum of 2: ages 3 and 2*

*"Fabulous. Informative. Empowering. Thought-provoking. Inspiring" – Mum of 3: ages 16, 13 and 10*

*"Life-changing. I have recommended it to everyone who will listen" – Mum of 2: ages 5 and 2*

*"All parents should be put on this course" – Dad of 3: ages 10, 7 and 4.*

**SIGN UP ONLINE:**  
[renewyourmind.co.nz](http://renewyourmind.co.nz)

