



## **Free online Mindfulness Course**

Tina Hesse (Early Intervention Team Manager at CAMHS) welcomes parents and carers to join her for a free 6-week course on mindfulness. Weekly sessions are outlined below:

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| 1. Waking up to auto pilot                      | 4. Relating to ourselves and others       |
| 2. Tuning into thoughts and feelings            | 5. Cultivating balance in our lives       |
| 3. Exploring difficulty and building resilience | 6. Mindfulness and the rest of your life. |

**Who is it for?** For parents/carers of children aged up to 18 years

**When is it happening?** Wednesday 1st November-6th December 2023, 18:30-19:30.

**How can I take part?** Sessions will be held online via Teams. Please contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je) to register your interest and for the links to the sessions.

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The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit [www.gov.je](http://www.gov.je) and search for *Children and Families Hub*

