

FREE INTRODUCTION SESSION TO MINDFUL PARENTING: Bring calm into your life

Do you ever feel overwhelmed by the pressures of parenting?

If “yes,” you are not alone. That’s why we are launching an 8-week Mindful Parenting Course developed by Amsterdam University Professor Susan Bögels, to help restore calm in parents’ multifaceted lives.

To learn how Mindful Parenting works, we would be delighted for you to attend our Free Information Session.

You will have the opportunity to:

- Appreciate the benefits of Mindful Parenting
- Explore whether the Mindful Parenting programme is right for you
- Meet the instructors
- Experience the Mindfulness methods taught throughout the course

Location: Unit 607 Welland Building, 368 Queen's Road Central, Sheung Wan (entry is through the shopping plaza next to Maxim's Cakes for the office elevator to reach 6/F).

Date and time: Tuesday 9th April from 7:00 to 8:30 pm.

For further details, please contact Doreen Jowharsha, a Mindfulness Teacher for children and adolescents.

Reserve your place now!

Email Doreen at: djowharsha@gmail.com

Instructors:

Ms. Doreen Jowharsha has trained in Mindfulness Matters the Eline Snel method for children/adolescents and Advanced Teacher Training by Prof. Bögels. She is also Speech and Language Therapist with over 20 years experience working with carers of children with a variety of developmental and learning needs.

Dr. Elisabeth Wong is a specialist in psychiatry. She is trained in Mindfulness Matters the Eline Snel method and has undertaken the Foundation Course for teaching Mindfulness Based Cognitive Therapy (MBCT). She has received the MYMind Advanced Teacher Training in Mindfulness for children and adolescents with ADHD and ASD with parallel Mindful Parenting training by Susan Bögels, in addition to the Advanced Teacher Training in Mindful Parenting.



Mindful Parenting Course Details

Start Date: Tuesday, 30 April 2019

Time: 7:00 to 9:00pm

Duration: Eight weeks, with each class-based session lasting 2 hours

Description: The class-based sessions—for up to 15 participants—blend together Mindfulness Meditation, group exercises and discussion, and movement exercises

Price: HK\$3900, inclusive of course materials, audio recordings, home practice exercises, and follow-up session

To register your place on the Mindful Parenting Course NOW and find out further details, prospective applicants must fill in the application form and return it by 12th April 2019.

To go to the application form, copy and paste this URL address into your web browser: https://docs.google.com/forms/d/e/1FAIpQLSe05pY0B5GKXFvK3kHfDZC7QMBsen318KfAKo9zHZUe5cRudA/viewform?usp=sf_link

We will get in touch with you shortly, thereafter, to confirm your place and provide details on how to make the payment for the course. Places on the programme are limited to 15.