

Parent & Carers - Stress reduction

Look at ways to help you feel less stressed
in a world that is very tense!

In times like these, it is beneficial to make connections, so you realize you are not alone and that a lot of what you feel is normal, and then find ways to support yourself.

- We will focus on different areas of stress
- Do activities that help relieve tension in the body – most are 30 seconds, very easy to do
- Help connect to our body and breath so that we let go of tension and stress and support our nervous system
- You will learn how to help your own body feel less stressed and also help your kids feel calmer – win / win
- **Zoom session will be for 30mins at 1:00pm Friday 4th Dec and 11th Dec**
This will only be offered if there is interest and people attend the calls. If you need help accessing the zoom Miss Moxom can help.

We will text message the zoom link to parents the day before no need to book on just click on the link and join.

Our Integrative Child Psychotherapist is holding the meetings, Vanessa has 17 years experience she offers a warm, friendly, light way of being with whatever feelings come up with practical tools to support shifts to enhance wellbeing.



Delivered by Light Education Training and
generously funded by the
Lars Windhorst Foundation