

The Mindful Life Group



Mindfulness for Parents who Care

Our free six week course starts **Wednesday
6th November 2024, 1-pm** online

Some feedback from one of our previous
parents:

*'It appealed because it was something that I
could do at home, something for me, you know, I
realised there was help out there'*

Find out more at
[https://the-mindful-
life.com/mindfulness-
for-peoplewhocare](https://the-mindful-life.com/mindfulness-for-peoplewhocare)



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