

Mindful Connections: Fostering Unity Through Wellness

What is Mindful Connections?

A family-friendly programme designed to build emotional resilience, self-awareness, and positive communication through mindfulness, yoga, and stress management techniques.

What to Expect?

4 interactive sessions for parents

Practical tools to support mindfulness at home

A welcoming, inclusive space for all backgrounds and faiths

Support from experienced mindfulness and yoga practitioners

Why Join?

- ✓ Strengthen family bonds
- ✓ Improve emotional well-being
- ✓ Learn relaxation and stress management techniques
- ✓ Meet like-minded families in a supportive environment

Bonus!

At the end of the programme, parents will receive a toolkit with resources to continue mindfulness practices at home.

When & Where?

In School Hall: 2nd April, 23rd April, 30th April, 14th May– straight after school

