




# The Importance of Mental Health For Parents


Nurturing Your Mood for a Better Life

Wednesdays | 9:00am – 10:30am

 The Retreat – Junior School

6-Week Programme  
Starting 15 April!



 Hot drinks & biscuits provided!

## Weekly Topics

15 April



### Welcome Session

- Introduction, mindfulness & registration

22 April



### Understanding Your Emotions

- How feelings affect thoughts & behaviour

29 April



### Sleep

- Improving sleep for better wellbeing

6 May



### Diet: Eating Well

- Nutrition & mood – small healthy changes

13 May



### Exercise

- How movement boosts mental health

13 May



### How to Stop Worry

- Managing worry & positive thinking

### What You'll Gain:

- ✓ Practical strategies
- ✓ Support & friendship
- ✓ Self-care tips

### FREE tote bag!

Resources each week



Sign up via Parent Pay

Please commit to all 6 sessions



Limited places – Express your interest today!