



West London  
Action for Children



## Breathing Space Mindfulness for Parents

- Want to become more aware of your **thoughts & feelings**?
- Want to get **stress** under control?
- Want to respond and not react to **difficulties in relationships**?

Join our **FREE, 8 Week Mindfulness Group Online**  
**Taster session on Monday 24<sup>th</sup> January**  
**10 am to 11.15 am**

Mindfulness is a way of paying attention to whatever is happening in our lives and experiencing it in a non-judgmental way. In this group we will practice mindfulness exercises together. This will help us to choose **how** and **what** we want to pay attention to.

*Open to parents on low income (of children 18 and under)*  
*Please email [team@wlac.org.uk](mailto:team@wlac.org.uk) for more information*