

Parent Network Scotland



Wellbeing Toolkit!

Would you like to learn new tools to help yourself and your children feel calm?

Would you like to know more about Visualization, self care and mindfulness for you and you kids?

Would you like access to a college accredited course?

Parent Network Scotland offer small safe group spaces on zoom to learn, share and practice new tools to promote calm for you and your family. If you would like to find out more come along to our Introduction Session just send an email and we will send you the link. Hope to see you then!

**Introduction Session:
Monday 24.5.21 7 - 8pm**

For more information please email; jenm@pns.org.uk

"I liked the chat with a small group, being able to share how you really feel without judgement."

"I am responding differently to my son after these tools and sessions." Parent Feedback

Check out our website at www.parentnetworkscotland.org.uk