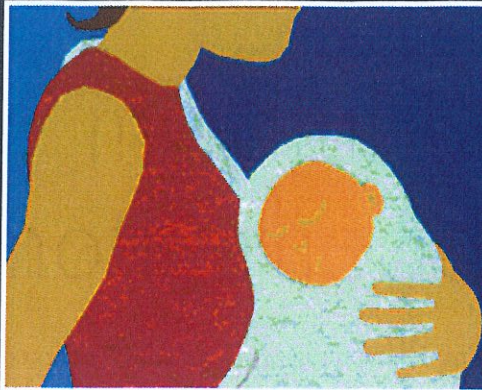




mindful motherhood

practical tools for staying sane during pregnancy and your child's first year

Mindful Motherhood - Practical Tools for Staying Sane during Pregnancy and Your Child's First Year

The program is based on the book by Cassandra Vieten, Ph.D

Pregnant or have a baby under 6 months old?

If, you would like to:

- Increase your understanding of MINDFULNESS concepts
- Build confidence and skills to cope with stress
- Promote emotional balance and regulation of emotions
- Increase your ability to accept emotions and thoughts
- Approach experiences with a calm and non-judgmental mind
- Increase your knowledge of synchrony and attunement

The Child and Family Centre is offering:

- 8 FREE sessions
- Each session includes 30 minutes yoga with a certified yoga instructor
- Participants from the North and South of Canberra welcome

For registration and information please contact your closest Centre:

- Gungahlin Child & Family Centre on 6207 0120
- Tuggeranong Child & Family Centre on 6207 8228
- West Belconnen Child & Family Centre on 6205 2904



ACT
Government

Community Services