

Stressbusting for ESOL Parents



Free Workshop

This workshop is to support parents who have English as a second or other language or who have lower literacy skills. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to find calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- **Feel more confident about being a parent**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**

Date: Friday 19th April 2024

Time: 9.30am - 11.30 am

At: Hartcliffe Nursery School & Children's Centre, Hareclive Rd.
BS13 0JW

Cost: FREE

Creche: Places available - booking required

Contact: mpcp.bristol@gmail.com, www.mpcp.info,
07577 956 911 (Suzanne)
or speak to Kim at the Children's Centre.