

# MINDFULNESS

for parents of children with disability

**Does your child have a disability?**

**Would you like to try something different?**

**Mindfulness can help you:**

- Learn better coping strategies to manage stress
- Accept situations, allowing you to work through difficult issues with confidence and ease
- Live life with better understanding and enthusiasm, helping you see the bigger picture

**Inconjunction with 'The Happy Warrior', Southern Health and Social Care Trust is running its first 'Mindfulness Programme' for parents of children with disability, commencing September 2017.**

***Please come along to our taster session!***

<b>DATE</b>	Monday 19 June 2017
<b>TIME</b>	10:00am – 12noon
<b>VENUE</b>	Fisher Bar 1, Armagh City Hotel

**To register** please forward names and contact numbers of those attending, and any dietary requirements to:

Email: [Anthea.Gray@southerntrust.hscni.net](mailto:Anthea.Gray@southerntrust.hscni.net)

Telephone: 028 3756 4571

**Closing date:** Monday 12 June 2017