

Stress & Wellbeing

(2 sessions)

This workshop runs over two parts and is for parents and carers who would like to learn more about stress effective strategies for dealing with it.

The first session will focus mainly on identifying internal and external stress, and how we cope with it. The session will end by introducing Vales and setting Goals that align with what is most important to us.

The second session will delve into effective skills to deal with stress. A range of mindfulness skills will be taught and practiced in the session that help to deal with unhelpful thoughts, feelings and memories.

(This workshop is based on Acceptance and Commitment Therapy.)



Bookings
are
essential

Creche
unavailable

Date: Session 1: Thursday, 25th June 2026

Session 2: Thursday, 2nd July 2026

Time: 12:30pm – 2:30pm

Venue: Child and Parent Centre, 26 Brookman Ave, Langford

For more information please:

Email: CPCBrookman@parkerville.org.au

In partnership with

