




FREE Mindfulness Course for Parents & Carers

INTRODUCING MINDFULNESS IN 5 ONLINE SESSIONS

Open to **ALL Parents & Carers of BEST students**, this course provides a taste of mindfulness, exploring key themes and practices to support you in your everyday life:

-  Improve your sense of wellbeing • cultivate calm and self-compassion
-  Reduce stress and anxiety • learn to manage thoughts and emotions skilfully
-  Be more present and effective • live life more intentionally, less reactively



with Will George
BEST Mindfulness Coach

SUMMER TERM 2026 DATES

Thursdays: June 11th • 18th • 25th • July 2nd • 9th

Choose your preferred time:

12.15pm-1.30pm or **6.30pm-7.45pm**

TO REGISTER

and view the [course introduction video](#)

visit bestacademies.org.uk/mindfulness

(places are limited and offered on a first come, first serve basis)

