

30/10/2018

Dear Parents,

### **Mindfulness Course for Parents**

We are pleased to announce that a Mindfulness Course for Parents will be running in the Summer term 2019. It will be held at RGS and take place on eight successive weeks from Tuesday 30<sup>th</sup> April (excluding half term). This [course](#) builds on the success of last year's parent course and the annual courses for boys, staff, and 6<sup>th</sup> Form at RGS.

Private courses usually cost £200-300 but this will be available at a reduced cost of £150. The course will be delivered by our lead counsellor Mel Firth, who has significant experience of delivering MBCT courses in industry, education and the NHS.

Please register [your](#) interest by contacting [ajz@rgshw.com](mailto:ajz@rgshw.com) or [mindfulness@rgshw.com](mailto:mindfulness@rgshw.com). More information will be released after Christmas and there will also be an opportunity to hear more detail and ask questions in person nearer the time.

**Dates of the 2019 course: 30/4, 7/5, 14/5, 21/5, (Half term), 4/6, 11/6, 18/6, 25/6**

**Andrew Zair**