

4th February 2019

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 30th April (excluding half term).

This course builds on the success of last year's parent course and the annual courses for boys, staff, and 6th 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.

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

There will be a short meeting on **Tuesday 12th March at 6.30pm** in the Upper Library to give information about the course and provide an opportunity to ask any questions.

Unless you have already made contact, please register interest by email to ajz@rgshw.com or mindfulness@rgshw.com.

Andrew Zair