

In partnership with Mind Jersey  
Family & Community Support welcome parents and carers to a

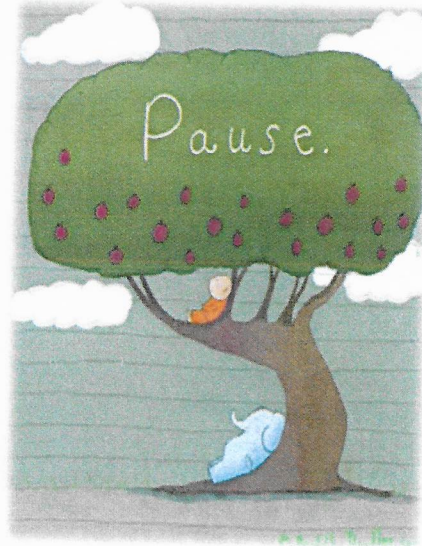
# Time to Pause

These sessions will cover how as a parent you can take 'time to pause'.

Topics that will be covered in the programme:

- Better awareness of our needs as a parent and how to meet and regulate them.
- The ability to understand someone else's situation along with our own.
- Lower levels of anxiety and depression.
- Thankfulness for small things in our lives.
- Aim to reach our potential.
- Accepting difference and others.
- Effective thinking and reflection.
- Better communication skills.
- Next steps to the future.

8 weekly sessions held in a confidential, supportive and nurturing space



For more information and to secure a place on the next programme, please contact the Children & Families Hub

Tel: 01534 51900 Email: [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)



Children, Young People Education and Skills | Integrated Services and Commissioning