



Free Community Workshop on:

Mindfulness & Creating Space

Tuesday 28 March at 6pm

**Held at Nursery School, ISTCI
Presented by Evieann Barber, MA. BA. CCLS**

Join us for a helpful workshop to find new ways to manage emotions, achieve positive relationships and to be purposefully in the moment with our children.

Find new ways to avoid being tired, burnt out and lacking compassion for others in our fast-paced, techno-driven, results orientated society!

Mindfulness can significantly improve a wide range of conditions, including stress, and help us 'create space' in our lives and enjoy quality time with our family.

Aimed at parents and caregivers of all age children.

For further information please contact the International School on (649) 946-5523 or email: ebarber@internationalschooltci.com

