



Present Brave and Kind Meditation

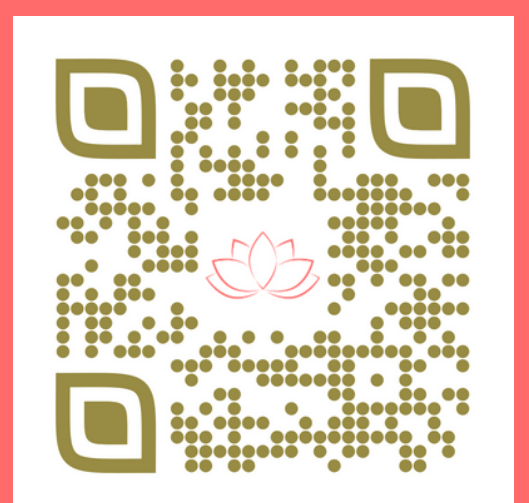
# MINDFULNESS MEDITATION INTRODUCTION FOR PARENTS

A **FREE ONLINE 4 to 6-weeks** journey in March 2024 to discover how to shift from **reactive** to **responsive** in your interactions with your children and connect better, using mindfulness meditation tools.

**Wednesdays**  
**12-1pm GMT**



**Thursdays**  
**7-8pm GMT**



To sign up use the QR code  
or email  
[anais.holt@presentbravekind.uk](mailto:anais.holt@presentbravekind.uk)