

Workshop Mindful Ouderschap



- Would you like to be more patient (experience less stress) in contact with your child?
- Does the endless daily to-do list stress you out?

Goal

In the workshop Mindful Parenting parents can get acquainted with exercises that can help in dealing with stress in parenting.

For whom

For all curious parents, grandparents and caregivers. Send an email or WhatsApp message if you want to join the workshop (so that we know how many participants are coming)

Date, time & Location

Wednesday May 15th from 9.30 until 11.30

OKC Bijlmer Centrum, Hofgeest 342-1 te Amsterdam Zuidoost

Trainers

Talla Rouzrokh t.rouzrokh@oktamsterdam.nl 06-10001855

Myrna Bosman m.bosman@oktamsterdam.nl 06-33315366