



Resilient Minds

At Fusion Healthy Living Centre

A course designed to support parents in the Park Wood area.

Resilient Minds is a 1-day course for parents aged over seventeen who may be experiencing mental health difficulties. It is also designed to support the parents of children who may be experiencing ill mental health, or may have Autism or ADHD. The course is designed to help parents manage mental health problems whilst also building resilience. Course topics include:

- An introduction to the Six Ways to Wellbeing and Mindfulness
 - The 1 minute mindfulness tool
 - The stress bucket
 - The Happiness Hour
 - Turning off your auto pilot
 - Stress Busting Strategies

This course can be accessed at Fusion Healthy Living Centre on the 30th of July.

To book your space, please E-Mail Annie via anniepalmer@fusionhlc.org.uk