



## **Time to Pause- an online course for parents and carers.**

A time to pause is a 6-week course bringing concepts of positive psychology to increase selfcare and wellbeing to parents. These are interactive creative sessions and participants will need pens, paper, and colours. Weekly sessions are outlined below:

1. Time to pause: creating peace and calm in our lives.
2. Time for gratitude: gratitude and increasing our own happiness levels.
3. Time to connect: connecting through play and building positive relationships.
4. Time for self-care and compassion: recognising our own needs and learning to be kind to ourselves.
5. Time to listen- enhancing our listening skills and understanding others.
6. Time to flourish- recognising our strengths and bringing wellbeing into daily life.

**Who is it for?** For parents and carers with children up to 18 years.

**When is it?** Tuesday 20th February to Tuesday 26th March 18:00-19:00

**How can I take part?** Sessions will be held online via Teams. Please contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je) to register your interest and for the links to the sessions.

