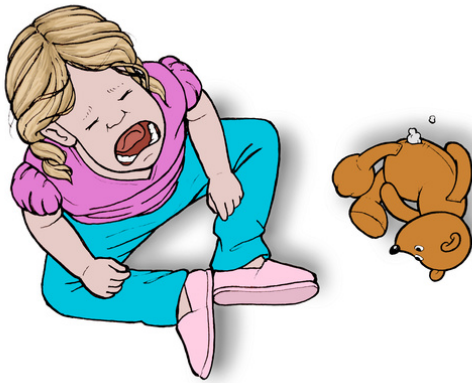


Self - Compassion for Mums

Join us for a free 4-week group for mothers / female caregivers



Morning tea and separate children's activity group provided (places limited)

WHEN

Wednesdays
10am to 12.30pm

DATES

29th Oct -
19th Nov 2025

WHERE

Relationships
Australia
6 Heddon Rd
Broadmeadow

Topics include:

- Learning and practicing the steps of Self-Compassion
- Pressures on parents
- Stress and self-awareness
- Assertiveness and boundaries
- Grounding practices for you and your kids



Content adapted from First Steps Parenting Self-Compassion Group Program, and the work of Kristen Neff

Places Limited!

Register for a pre-group call on: 4926 3577