

INTEGRATING ART & MINDFULNESS

Parental Empowering Evening for Parents of First Year Students

Hosted by Intermediate School Killorglin

Facilitated by Art Psychotherapist
Nikki Roberts MA (hons) BA (hons)

Date: 26th September 2019

Time: 8:00pm - 9:00pm

The "I AM" Integrating Art & Mindfulness programme is designed to explore:


- ★ Personal attitudes to acute & chronic stress
- ★ Coping strategies to minimise the impact of stress on an individual
- ★ The physiological components of the brain – Parasympathetic & Sympathetic NS
- ★ Fight, flight, faint & freeze responses
- ★ Awareness of behavioural, emotional & cognitive changes which occur during stressful events and situations

Strong people don't put others down. They lift them up.



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The course is based on the **I AM** Parent's Book published by Educate.ie.

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An tIonad Oideachais, Trá Lí