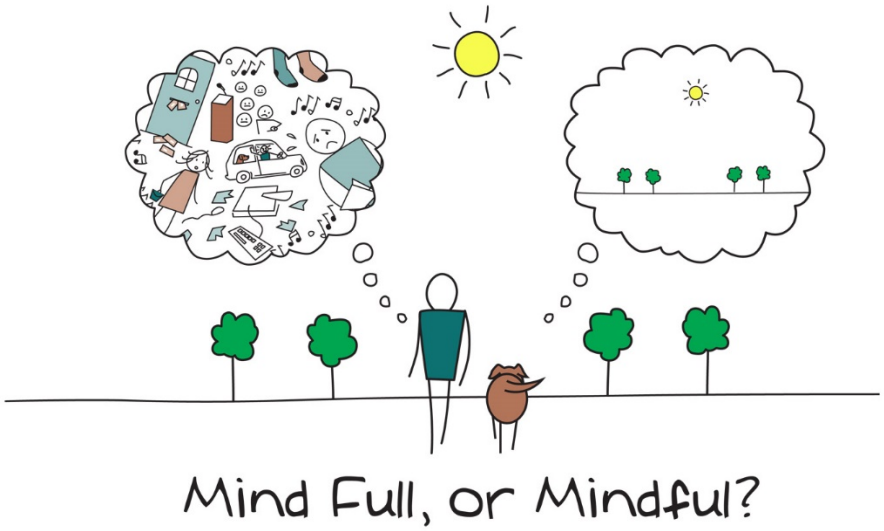

Are you a parent or carer of a child with a diagnosis of ADHD?

If so, we would like to invite you to participate in an 8-week Mindfulness-Based Stress Reduction course, as part of a research study.

Mindfulness is the practice of *paying attention on purpose, in the present moment, nonjudgmentally.* Previous research has found mindfulness to

- reduce stress
- increase wellbeing
- improve parent-child relationships

The course (free of charge) will take place for 2 hours a week (**Thursday 7.30pm – 9.30pm**), with one day's retreat between week 7 & 8.

Venue: **Treo Nua Family Resource Centre, Portlaoise**

Dates: Participants will be randomly assigned to a programme beginning **in March** or **May**.

For more information contact **Anna Berry, Trainee Clinical Psychologist**

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Phone: 085-127-2623