



Soul Parenting 2016

A unique opportunity for uninterrupted, thought provoking conversations about who we are as parents. It's not yet another course about parenting strategies or child development.

Instead, we'll explore the vital 'inner work' that will help us thrive during the adventure of parenthood.

Each session will include input, discussion, stories, reflection, a cuppa and cake.

Clear the dates, find a babysitter, make a booking and use this opportunity to care for yourself (and, in turn, your kids)!



May 23 Soul Parenting

How does raising children shape our souls?

In what ways do our children change us?

"Soul Parenting has been a highlight of my year – a comfort, an inspiration, and a time of learning and reflection".

Alison

June 6 Simplicity Parenting

How can we be discerning parents amidst a culture of sensory overload?

What does everyday spirituality look and feel like for parents, and how do we cultivate it?

June 20 Self-Aware Parenting

What roles do we choose and what new ones are we invited to?

What does this mean for our partners?

July 18 Attentive Parenting

What do we do with our gratitude and grief?

Can we hold on to both and sit comfortably with life's highs and lows?

August 1 Reflective Parenting

How do we assess how we "measure up" as parents?

How do we free ourselves from parent guilt?

August 15 Comfortable Parenting

Where can we find our unique parent "mojo"?

Where is our place of peace on this journey?

7.30-9.30pm

Christ Church Kensington

76 McCracken Street, Kensington

\$15 per session or \$75 for all six sessions

Maximum 18 participants, book early

"These sessions are so oasis like and I've valued them hugely!" Jo

To book or enquire:

Contact Leonie on 0499 766 665 or leonie.k.walker@gmail.com

An initiative of Christ Church Kensington in partnership with Newmarket Baptist Church and WellSpring Centre.

