

**Are you a parent or carer of a child who is
aged 4-16 years and living with a visible
difference?**

We are looking for parents or carers of children who are aged 4-16 years and are living with a visible difference. We would like to invite these parents or carers to take part in a six-week, online, Mindful Parenting programme called 'Two Hearts', designed to reduce stress and enhance wellbeing.

If interested, please contact Abigail Clifton on
cliftona3@cardiff.ac.uk

