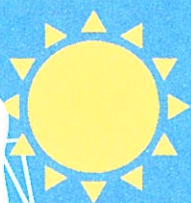


Free 6 week program for Parents and Carers of children from 0-18



BARNARDOS NATIONAL WELLBEING PROJECT

PARENTS WELLBEING GROUP

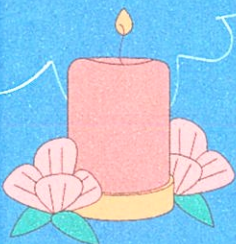


DO YOU NEED A BREAK? WOULD YOU LIKE TO LEARN HOW TO MANAGE YOUR STRESSES AND WORRIES IN A SAFE SUPPORTIVE GROUP OF LIKE MINDED PARENTS.

COME ALONG TO OUR PARENTS WELLBEING GROUP TO LEARN NEW SKILLS USING BREATH AND MOVEMENT TO RELEASE AND MANAGE YOUR STRESS



A space to connect with other parents. Tea, Coffee and snacks provided



Location: Zoom
Event Information evening for parents living in Tyrrelstown
Date: 15th February 2022
Time: 8.00pm
Contact: Sandra
Phone: 0861036155
*Please phone or text to register and get the zoom link

Barnardos

Because childhood lasts a lifetime

The Community Foundation for Ireland

RTE ToyShow Appeal