

**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: Tyrrelstown Community Centre**  
**Event Parents Wellbeing group**  
**Starting : Monday 28-02-22 for 6 weeks**  
**Time: 8.00pm**  
**Contact: Sandra**  
**Phone: 0861036155**  
**\*Please phone or text to register**



# Barnardos

Because childhood lasts a lifetime

The Community Foundation for Ireland

**RTE ToyShow Appeal**