

Barnardos Wellbeing Project

Free Wellbeing Workshop for Parents/Carers

Come along, relax and unwind and learn what your children are being offered in their wellbeing sessions in school.

We would love to hear what you enjoy doing to support your own wellbeing and self-care, and we will share our ideas with you and demonstrate some breathing and movement practices

No Booking required, Just Come Along



When: Tuesday 14th June 2022

Time: 8.40 - 10.00 including a cuppa

Where: Central activities hall



You can't pour from
an empty cup.

@barnardosireland