

Free Online Self-care Workshop for Parents

8pm – 9pm

Wednesday 11th September

Join us on MS Teams – just click [HERE](#)



Parenting can be tough, but taking time for YOU is essential. Grab a cup of tea and join Geraldine and Danielle for a relaxing 1-hour workshop focused on YOUR wellbeing.

Discover:

Practical self-care techniques for busy parents

Mindfulness strategies to reduce stress

Tools to stay calm and present in stressful moments

How to create and prioritise a self-care routine that works for you



Happier you, happier kids!

Join the meeting on Wednesday the 11th of September from 8:00PM – 9:00PM by [Clicking Here](#)

Meeting ID: 379 517 625 221 Passcode: bd8Y3z