

Free Parent Wellbeing Workshop in your area.

BARNARDOS NATIONAL WELLBEING PROJECT

## Breath Body Mind Wellbeing Workshop

Would you like to learn ways to manage your stress and worries? Would you be interested in coming along to an introductory workshop and learn more about using breath and movement to improve your sense of wellbeing?

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

If you are interested in attending a free workshop please contact **Bernadette May** Barnardos Wellbeing Project Worker on 0861036152 or email [bernadette.may@barnardos.ie](mailto:bernadette.may@barnardos.ie) to register your interest. Date, time and venue to be confirmed.

# Barnardos

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RTE ToyShow Appeal