



FREE FORTNIGHTLY

Wellbeing Sessions

for parents



A SPACE FOR YOU

Parenting can leave us feeling overwhelmed, emotionally drained and disconnected from ourselves. These sessions give you space to pause, reconnect and learn practical tools to support your wellbeing. Calm, practical sessions with tools you can use at home.

You might be feeling...

- Overwhelmed or emotionally drained
- Anxious, stressed or constantly "on"
- Guilty for putting yourself first
- Easily triggered or struggling to respond calmly
- Disconnected from yourself



Tea and coffee provided



Your coach



When

**Every other Tuesday,
Starting Tue 20 October**

1:00 PM till 2:30PM

Where

**Community Outreach Hub,
Nightingale rd, N9 8BF**

**To book text or call
073 5567 4131**

You don't have to hold everything alone.

