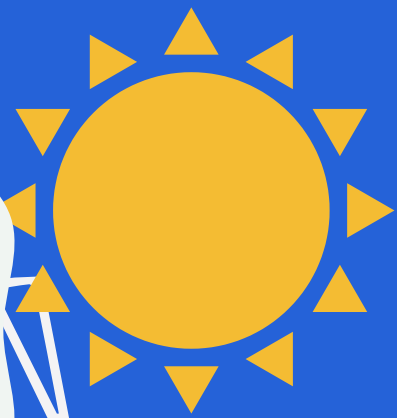
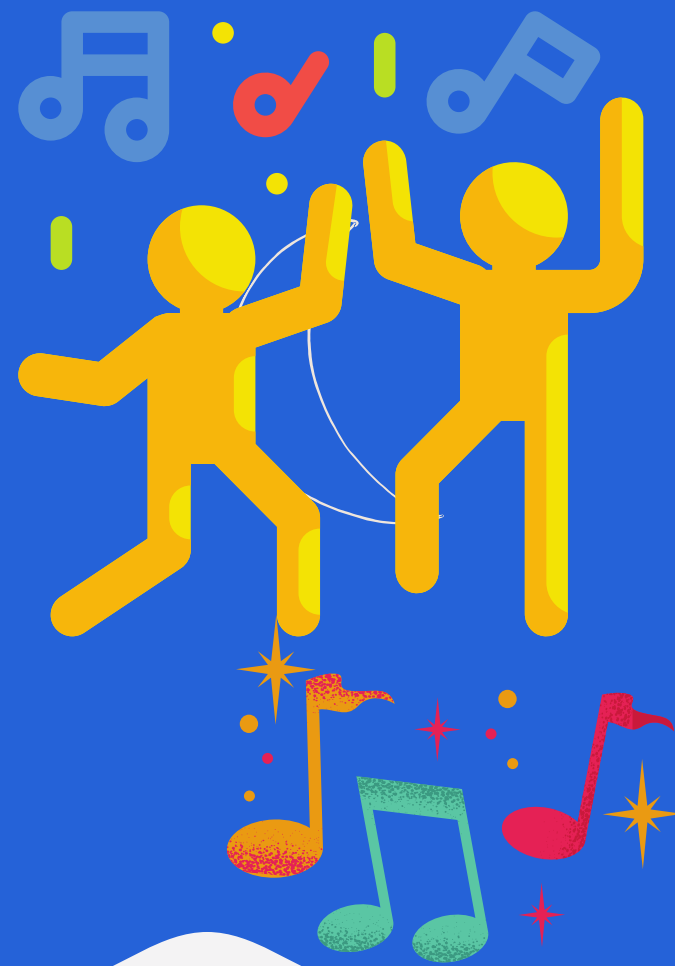


**Free 6 week
program for
Parents and
Carers of
children from
0-18**



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**



Group Location:

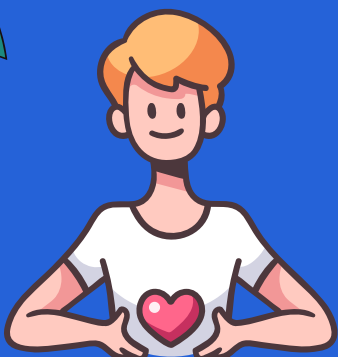
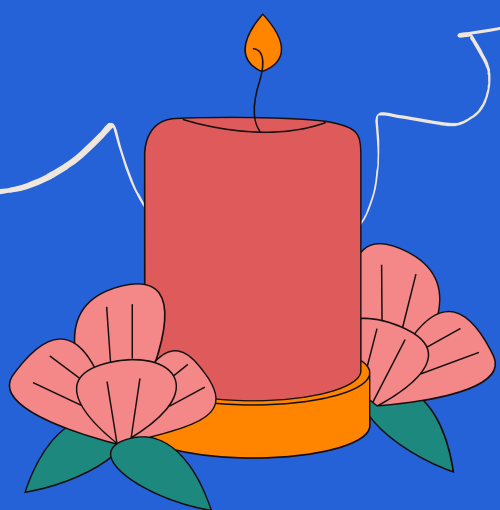
Start Date:

Time:

Contact:

Phone:

***Please phone or Text to register**



Barnardos

Because childhood lasts a lifetime

 The Community
Foundation for Ireland

RTÉ
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Appeal** 