

# Parent/Carers Well-being Lunchtime Drop In



*When you take better care of yourself, you can take better care of your family.*

**Virtual sessions for Parents & Carers to come together, share ideas and promote well-being.**

Come join us to:

- Develop a better understanding of self-care and emotional resilience
- Get tips and techniques to build a self-care toolkit
- Build a network of support
- Take time out to connect and replenish
- Find out about local support services

**Session dates:**

Monday 17th May 2021 (1:30-2:30pm)

Monday 21st June 2021 (1:30-2:30pm)

Monday 19th July 2021 (1:30-2:30pm)

**Register via Eventbrite link below**

<https://www.eventbrite.co.uk/e/parentcarer-well-being-lunchtime-drop-in-tickets-153637428685>