

FREE WELLBEING COURSE FOR PARENTS

**ONLINE ON WEDNESDAYS 6.30–7.30PM
STARTING 8TH MAY**

A free six-week course for a happier and more relaxed you.

Join us to explore;

- Emotional Self-care – Emotional self-care allows us to take time for the benefit of our health and well-being.
- Thinking about putting your own needs first - building your resilience.
- Being more assertive and setting boundaries – so that you can communicate better and more effectively at home and work.
- Stress and relaxation techniques – learning new skills for a more relaxed you.
- Build resilience and recover from trauma – To move forward in our life.

Come and join us for these relaxed, friendly and supportive sessions!

What previous participants have said about the course:

"This has been a great opportunity for me to think about how I manage stress in my life. I've learnt new strategies and skills to cope better"

"I've really enjoyed being a part of this group, all the other members were great, I learnt a lot from them!"

"I would recommend this course to anyone who wants to think about looking after themselves better, it's been great, particularly in improving my communication skills"

"This course has helped me to say 'No' which has had a big impact on my mental health and wellbeing"

For more information and to book in please contact
Janet Kent on 07927657462 or
email jkent@hallam-diocese.com

