



Free Wellbeing Workshops for Parent Carers of children with additional health or care needs at Bromborough Family Hub

9.30am - 12.30pm

Affirmations & Self Talk - 29th April

Theory of Gratitude - 6th May

Boundaries & Assertiveness - 13th May

Self Care & Self Prioritising with Crystal Sound Bath - 20th May

max 12 people per session



Sign up here
for this
session and
we will be in
touch to
confirm your
place.

