



## Self Care & Self Prioritising with Crystal Sound Bath

Tuesday 20th May 2025

9.30am - 12.30pm

Bromborough Family Hub

max 12 people per session

- What is meant by self-care and self-prioritising?
- What stops us from prioritising ourselves?
- What do I want my self-care to look like?
- Self-care worksheet
- Crystal Sound Bath.



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

for parent carers of  
children with additional  
health or care needs

