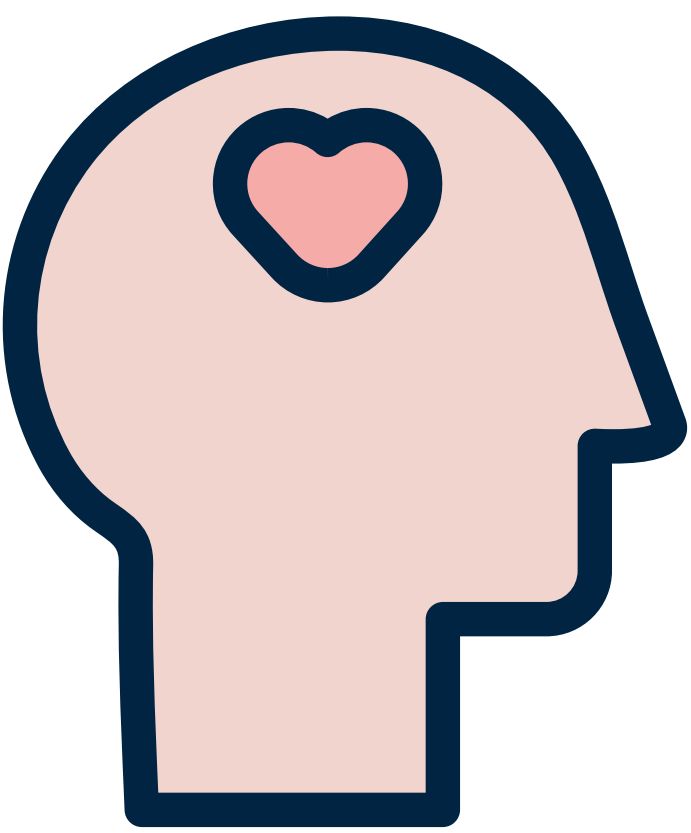


Emotional Well-being & Self-care Skills



Course description

Strategies and tips for emotional wellbeing and self-care which focuses on the needs of parents and carer's of children with SEND/ASD. This course will explore positive ways on how you as a parent / carer can support your own wellbeing to develop resilience and empowerment.

Course date, time and location

Date: Friday 25th February 2022

Time: 10-1pm

Location: Civic or Children's Centre (TBC)



How to book

To register your interest in this course, please [click here](#)

