



# Mindfulness and Self Care for Parents and Carers

This course is for families experiencing separation

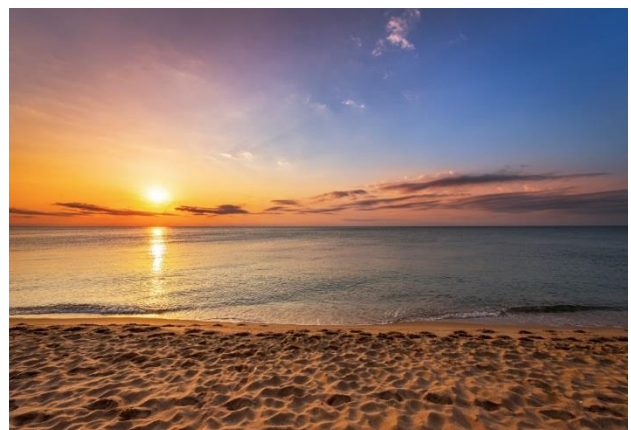
## A FREE 2 hour workshop

**Feeling tired and stressed? Never enough time to stop and smell the roses?**

Come along and experience this workshop learning some simple mindfulness techniques. Use this time to take 'time-in' to nurture yourself in a safe environment. Take away some practical tips and techniques to use at home. Bring some ideas about how you like to relax and be ready to be in the moment.

**Time:** 1:30pm – 3:00pm  
**Date:** Tuesday 17 May 2022

**Venue:** Centacare Level 2  
45 Wakefield Street,  
Adelaide 5000



*Please note childcare facilities are not available and children cannot be present at this course*

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)**

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[www.centacare.org.au](http://www.centacare.org.au)