



Mindfulness and Self Care for Parents and Carers

This course is for families experiencing separation

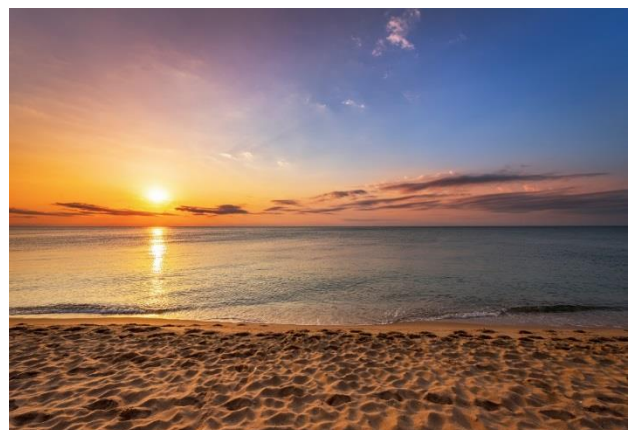
A FREE 2 hour workshop

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: 1:00pm – 2:30pm
Date: Tuesday 6 September 2022

Venue: St Augustine's Parish School
25 Commercial Road,
Salisbury 5108



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**

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www.centacare.org.au