



WELLBEING WORKSHOP FOR PARENT CARERS

For parents/carers of school age children with additional needs.
Learn how to manage your stress & improve your wellbeing.

We will explore ways of reducing your stress by improving the areas that could help you feel more positive and able to get the most out of life.

Date: Monday 6 February 2023

Time: 10 am – 12.00 pm

Venue: Grimsby Town Hall

Book your place on this free
workshop via the QR code link



contact *For families
with disabled children*