

COURSE: SELF-CARE FOR PARENTS

WHERE: ZOOM

DATE AND TIME TO BE CONFIRMED

As this is a challenging time for parents, Jonesborough Primary School wishes to organise a course on 'Self-Care for Parents', facilitated by the Innovation Recovery Project.

Course Description:

This one hour workshop explores the culture of self-care; its value and benefits; and suggests ways in which it can be incorporated into your daily life. By the end of the course, you will have the tools to help you develop a mindset of self-care, and put it into practice.

For Parents of Jonesborough Primary School

If you would like to register your interest in attending this course, please contact Jonesborough Primary School by emailing Emurphy867@c2kni.net

**FREE
ONLINE
COURSE**