



Making time for self-care

A Parents Building Solutions single session

- Do you want to feel less overwhelmed and deal with anxious feelings?
- Want to improve your confidence and self esteem?
- Build resilience for yourself and your family?
- Take time out for yourself?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Friday 10th December 2021

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE