



Funded places by



DEVELOPING RESILIENCE & WELLBEING FOR PARENT CARERS RAISING CHILDREN WITH SEN &/ DISABILITIES

Every Tuesday from 09:30 to 12:30
starting 23rd September for 4 weeks at
Ground Floor, Board Room
Moulsham Mill, Parkway
Chelmsford CM2 7PX

Learn How to:

- ✓ Develop a positive and empowering relationship with yourself & others
- ✓ Discover the power of self-care and self-acceptance
- ✓ Find new ways to prioritise your mental health and well-being
- ✓ Practice and rehearse strategies for building your skills and strengthening your resolve to journey on
- ✓ Share and explore your travels so far
- ✓ Take note and celebrate the skills you have acquired along the way

For More Info:

Lesley Bailey
info@lesleybaileytraining.co.uk
07908616149

www.heads2minds.co.uk

Only 12
Spaces Available!
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