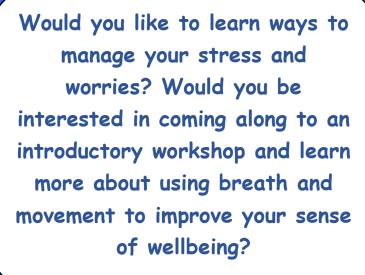
Free Parent Wellbeing Workshop in your area.





Breath Body Mind Wellbeing Workshop







A space to connect with other parents. Tea, Coffee and snacks provided

If you are interested in attending a free workshop please contact **Bernadette May** Barnardos Wellbeing Project Worker on 0861036152 or email

bernadette.may@barnardos.ie
to register your interest. Date,
time and venue to be
confirmed.



ToyShow Appeal

Barnardos

Because childhood lasts a lifetime

The Community
Foundation for Ireland