

Free Parent  
Wellbeing  
Workshop in  
your area.

BARNARDOS NATIONAL  
WELLBEING PROJECT

## Breath Body Mind Wellbeing Workshop

Would you like to learn ways to  
manage your stress and  
worries? Would you be  
interested in coming along to an  
introductory workshop and learn  
more about using breath and  
movement to improve your sense  
of wellbeing?

*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](mailto:bernadette.may@barnardos.ie)  
to register your interest. Date,  
time and venue to be  
confirmed.

# Barnardos

Because childhood lasts a lifetime

The Community  
Foundation for Ireland

RTE  
**ToyShow  
Appeal**