



# **Free Wellbeing Workshops for Parent Carers of children with additional health or care needs at Bromborough Family Hub**

**9.30am - 12.30pm**

**Affirmations & Self Talk - 29th April**

**Theory of Gratitude - 6th May**

**Boundaries & Assertiveness - 13th May**

**Self Care & Self Prioritising with Crystal Sound Bath - 20th May**

max 12 people per session



Sign up here  
for this  
session and  
we will be in

