

Wellness & Self-care programme for parents of teenagers



Tuesdays starting October 23rd
@ d'Umbrella Café, Elphin
7 to 9pm



Would you like some time out
to gain skills in managing the
challenges of daily life?



Wellness tools
Self advocacy
Developing your
maintenance plan
Relaxation techniques

For more information or to book a place contact Teresa O'Brien,
Roscommon LEADER Partnership Company on 086 0291215

Free of charge