

Wellness & Self-care programme for parents of teenagers



Tuesday mornings April
9th for 4 weeks
Castlerea town.



Would you like some time out to gain skills to better manage life's daily challenges?

(Based on Wellness Recovery Action Planning model)



Wellness tools

Triggers

Developing supports
Daily maintenance plan
Relaxation techniques
Taking back control

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

Free of charge

