



WELLBEING WORKSHOP FOR PARENT CARERS

For parents/carers of school age children with additional needs.
Learn how to manage your stress & improve your wellbeing.

We will explore ways of reducing your stress by improving the areas that could help you feel more positive and able to get the most out of life.

Date: Monday 6 February 2023

Time: 10 am – 12.00 pm

Venue: Grimsby Town Hall

[Book your place on this free workshop here](#)

contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).