

# Looking after ourselves

## Free local workshops



Find out ways to  
look after  
yourself and  
stay calm

Come  
along!



Family life can be stressful. This workshop helps you to find ways to look after yourself and stay calm so you can juggle everything better.

### Come along and:

- Understand the benefits of recharging our batteries for emotional and physical health
- Share feelings and develop realistic expectations and coping strategies
- Overcome feelings of guilt and failure
- Gain practical strategies to reduce the stresses of family life

[More information](#)