

Looking after ourselves

Free local workshops



Find out ways to
look after
yourself and
stay calm



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

Thursday 4th December
2025, 09:45 - 11:45
at Lye Family Hub, DY9 8HT

Visit

www.dudleyparents.co.uk
or scan the QR Code and
click on the HENRY tile to
book your place.

