

MIFWA SELF-CARE & MINDFULNESS WORKSHOPS FOR PARENTS

Self-care is a very important part of being able to enjoy life, ourselves and our children. Yet sadly it often falls to the bottom of our priority list.

If life is feeling like a never-ending to-do list and you are feeling stressed and drained of energy, it may be a good time to make some changes!

This workshop is about exploring simple self-care strategies and mindfulness techniques you can put in place to revitalize your body, mind and spirit. Be guided by gentle support workers and meet likeminded others as you take a positive step towards looking after the beautiful gift in your possession – YOU!

Learn simple techniques to *de-stress*

Move towards *who you want to be*

Safe, *nurturing* environment

FREE OF CHARGE, WITH LUNCH PROVIDED

Wednesday 29th March 2019
12 noon till 2 pm

Brockman Community House
27 Hull Way, Beechboro, WA 6063

For more information and to register your interest:

Claire: claire.holt@mifwa.org.au
Phone: (08) 9237 8900



MIFWA

MENTAL ILLNESS FELLOWSHIP OF WA

Level 3, 9 The Avenue, Midland

Phone: (08) 9237 8900

Email: info@mifwa.org.au

www.mifwa.org.au