

# 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**

**Thursday 30<sup>th</sup> May 2019**  
**11.50 am till 2.30 pm**

Brockman Community House  
27 Hull Way, Beechboro, WA 6063

For more information and to register your interest contact Claire at [claire.holt@mifwa.org.au](mailto:claire.holt@mifwa.org.au) or 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](mailto:info@mifwa.org.au)

[www.mifwa.org.au](http://www.mifwa.org.au)