SAFE CONNECTIONS

LOCAL SUPPORT FOR PEOPLE FACING SUICIDE

Self-Care and Boundaries Workshop

BE GENTLE WITH YOURSELF

Soul · Body · Holistic Health · Mind

TAKE TIME FOR YOURSELF

- Explore the conecpt of self-care and boundaries in an open discussion
- Understand the impact of family and social dynamics on yourself and and how to set healthy boundaries
- Reflect on your needs to create a personalised self-care plan.

Join us on Tuesday the 12th of December at 12 - 1pm

For more information or to register to attend please contact:
safeconnections@mindthnr.org.uk