

Self-Care and Boundaries Workshop



TAKE
TIME for
your
SELF

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

**Join us on Thursday the 21st of March at
1pm - 2pm**

For more information or to register to attend
please contact:

safeconnections@mindthnr.org.uk