

FOR PARENTS AND CARERS IN STAFFORDSHIRE

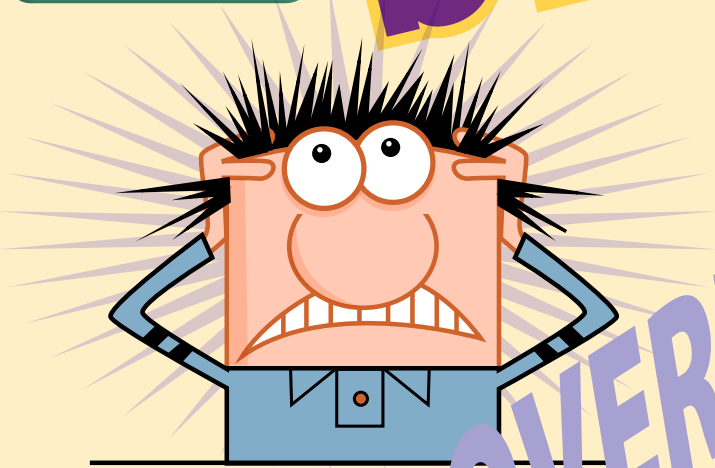


Are you the parent or carer of a child with special needs?

Then you might be interested in the workshop...

STRESS...

Signs, Symptoms and Solutions



OVERLOAD!



Parents and carers are very good at looking after everyone else's needs whilst their own remain at the bottom of the list!

This workshop will help you meet the challenges and demands of daily life and provide on-going strategies to maintain a healthy balanced lifestyle.

Invest in yourself and everyone gains!

Monday 9th February	Stafford Gatehouse Theatre, Eastgate Street, Stafford.	10.00am – 2.30pm
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The event is **FREE!** Free lunch is included!

Booking is essential

For further information or to book a place contact:

Tracy Munday on: **01785 356930** or

Email: skillshare@staffordshire.gov.uk



LOTTERY FUNDED

