



SUPPORTING PARENTS

FREE SELF-CARE PROGRAMME FOR PARENTS

**YOU ARE INVITED TO A FREE 1.5 HOUR ZOOM SESSION WITH
PSYCHOLOGIST DR. JENNIFER HAYES ON WEDNESDAY 21ST APRIL
6.45 - 8.15PM**

There is very little that we would not do for our children but we can't always say the same about ourselves! Being a parent has its challenges and being under pressure is part of the picture. Taking good care of ourselves is essential and a key factor in helping us to be the best parent we can be.

In this session Dr. Jennifer will help us understand:

- **The link between taking good care of ourselves and parenting**
- **The factors that get in the way of all of us taking better care of ourselves**
- **The simple steps we can take to help us to overcome these obstacles and to take better care of ourselves**

To register for this event please contact info@stbrigidsfcc.ie

