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| ***Wellbeing workshop.***    ***TAKING CARE OF YOU IS VITAL!*** Would you like to develop your skills with patience, energy and passion? | Discover the importance of looking after your own wellbeing and how doing so impacts positively upon your child(ren)’s wellbeing.Every parent needs to have some ‘Me time’ and it is not wrong to do so.Come join us for a self-care workshop and learn how to fill up your cup. [This Photo](http://www.playingwithflour.com/2016/01/chestnut-cream-tea-cakes.html) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/) ***Get involved with our online workshop.*** | [This Photo](http://sitn.hms.harvard.edu/flash/2019/efficient-drug-delivery-platform-brain/) by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-nc-sa/3.0/) *Develop, maintain and protect your health and wellbeing.* **Join other parents online and in a classroom setting for our workshops. They are fun, friendly and a great opportunity to share experiences with others.**  (DATE AND TIME TO BE CONFIRMED)  Log onto Teams.  If you can attend our online workshops can you email  [Suzanne.Rawcliffe@actionforchildren.org.uk](mailto:Suzanne.Rawcliffe@actionforchildren.org.uk)  Tel: 07866 137788 |