



Parents Building Solutions Self-Care for Parents and Carers

PARENTZONE

PARENTS ARE PEOPLE TOO!

Did you know:

- You deserve to be valued and respected?
- You need to care for yourself to care for your family?
- Your children learn about self-care and self-respect from you?
- Caring for yourself encourages others to respect and value you?

Join other parents to explore how they care for themselves and share your strategies with them.

DATE: Thursday,
11th November 2021

TIME: 10.30 a.m. - 12.00 p.m.

WHERE: Online (Zoom)

For bookings & enquiries contact:

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