



## **Making time for self-care**

### **A Parents Building Solutions single session**

- Do you want to feel less overwhelmed and deal with anxious feelings?
- Want to improve your confidence and self esteem?
- Build resilience for yourself and your family?
- Take time out for yourself?

Come along to this session to learn strategies, share stories and take some time out for you!

**DATES:** Monday 13th September 2021

**TIME:** 10:30am to 12:30pm

**WHERE:** Online via Zoom

**COST:** FREE. Bookings essential.

For bookings & enquiries contact:  
Parentzone Gippsland on 03 5135 9555 or email  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

**PARENTZONE**