

Wellbeing Workshop



Join us for this five-week parent workshop that explores a holistic approach to enhance overall wellbeing through a variety of practical, engaging strategies for everyday use.

Discover how these strategies will energise the mind and body, increase self-awareness and deliver practical skills to promote wellbeing.

**Bookings
are
essential**

Date: Tuesday 4 August to 1 September 2020
Time: 1.00pm to 2.00pm
Venue: Child and Parent Centre Warriapendi
8 Redcliffe Avenue Balga WA 6061

For registration or further information please contact the CPC Warriapendi

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