



# WELL-BEING & RESILIENCE

BE POSITIVE AND FIND  
WAYS TO DEVELOP YOUR  
WELL-BEING & RESILIENCE

4 BRANDON ST  
BIRKENHEAD  
CH41 5HN

19TH SEPT  
12 PM - 2.30 PM

TO REGISTER  
CALL  
07877 782 826

OPEN TO ALL  
PARENT CARERS  
OF CHILDREN  
WITH ADDITIONAL  
HEALTH OR CARE  
NEEDS

GOOD  
TIMES



JOIN OUR FREE

WELL-BEING & RESILIENCE  
WORKSHOP

WHAT DO WE NEED TO DEVELOP  
WELL-BEING AND RESILIENCE?  
JOIN US TO FIND OUT MORE!

Life is good

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