



MANAGING STRESS

STRESS AFFECTS US ALL BUT HOW DO WE RESPOND?

WHAT CAN WE DO TO REDUCE OUR STRESS?

4 BRANDON ST
BIRKENHEAD
CH41 5HN

21ST NOV
12 PM - 2.30 PM

TO REGISTER
CALL
07877 782 826

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



JOIN OUR FREE

MANAGING STRESS WORKSHOP

UNDERSTANDING STRESS CAN HELP
YOU MANAGE MORE EFFECTIVELY.
COME AND FIND OUT MORE!



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