

" I never took time for me which had an impact on the people around me"



Wellness from Within

Wellness Coaching for Parents

**Calling on all parents of children
in Aghalurcher Primary Schools**

**6 Week Group Wellness
Coaching Course Beginning
Tuesday 15th November**

10am to 11.30am

in St. Ronans Parish Centre

Which covers:

- Finding Wellness Windows for Self Care
- Link between thoughts, emotions and behaviour
- Healthy emotional releases
- Journalling
- Introduction to Mindfulness and Meditation
- Self acceptance and Self Love
- Impact of our Wellness on our Children

**Contact Mairead to book on
07507421981**

wellnessfromwithin2021@hotmail.com

Scan me for my
Facebook page

