



Parenting NI



Parents Emotional Health Workshop
for Parents living in the
South Eastern Trust area.

Come and join us for a FREE online
workshop to find out more about
Parents Emotional Health

Tuesday 5th December 2023
7pm - 8.30pm
Via Zoom

This workshop explores what mental
health is and shares tips on how to
improve parental emotional health
and well-being.

To register please scan the QR code
or click on the link below.



[To Register please click here](#)

www.parentingni.org



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