

## Managing Stress and Anxiety Workshop



**For Cardiff and Vale parents/carers of children of all ages with an additional need (with or without diagnosis).**

The workshop is for parents and carers to **have time away** from their **caring role** to **focus on themselves** and **prioritise their needs**.

Warm **drinks**, a **buffet**, and a **pamper pack** will be provided to **all attendees**.

Unfortunately, we **do not** have childcare facilities. This is a session for **adults only** so please make alternative arrangements for childcare during the workshop.

**At:** V21 Sbectrwm Centre, Bwlch Road, Fairwater, Cardiff CF5 3EF

**On:** Wednesday 5th March 2025

**Time:** 10:30am-12:30pm

The session is **free** of charge but please book a place via Eventbrite using the QR code or this link:



<https://www.eventbrite.co.uk/e/contact-cymru-parentcarer-managing-stress-and-anxiety-workshop-tickets-1116594838219>