

Parent Network Scotland



## Wellbeing Toolkit!

**Would you like to learn new tools to promote self care?**

Parent Network Scotland offer small safe group spaces on zoom to relax, learn, share, and practice new ways to promote wellbeing for you and your family. If you would like to find out more, come along to our Introduction Session and meet Lorna who will welcome you.

**Introduction Sessions will be on Zoom**

**Friday 1<sup>st</sup> October at 10:00am - 11:00am**

**Or**

**Thursday 7<sup>th</sup> October at 1:00 pm till 2:00pm**

For more information and register click [here](#)

Website at [www.parentnetworkscotland.com](http://www.parentnetworkscotland.com)

