



Free Women's Wellbeing Group

A free six-week course for a happier and more relaxed you.

Starting Wednesday 23rd March 1-2.15pm at Carmel Care Dyke Hall Road, Hillsborough, Sheffield.

Emotional Self-care – Emotional self-care allows us to take time for the benefit of our health and well-being.

- **Thinking about putting your own needs first** - and building your resilience.
- **Being more assertive and setting boundaries** – so that you can communicate better and more effectively at home and work.
- **Stress and relaxation techniques** – learning new skills for a more relaxed you.

Come and join me in these relaxed, friendly and supportive sessions!

For more information and to book in please contact Janet Kent on 07927657462 or email jkent@hallam-diocese.com