



LOTTERY FUNDED



Building Resilience; Embracing Challenge

A free workshop for parents and carers of children and young people with special needs in Staffordshire

Parents and carers are very good at looking after everyone else's needs whilst their own remain at the bottom of the list!

This workshop will give you the opportunity to:

- think about your own needs
- enjoy the company of others in similar situations
- recognise the uniqueness of the strengths and skills you have
- learn ways to further build resilience to help meet daily challenges
- enjoy a more healthy balanced life

**On Tuesday 28th June 2016
10am – 1.30pm followed by FREE lunch
at
Tillington Hall Hotel
Stafford**

Places are limited and booking is essential
To request a booking form please contact Tracy Munday
email: skillshare@staffordshire.gov.uk
or call **01785 356930**