

Minding your Wellbeing Workshop for Parents

When: 14th January 2026

Where: Clonmel CRC

Time: 10am – 11.30am

Positive approach to mental health
Positive self-care habits
Building a wellbeing toolkit



Contact: Geraldine on 087 1880690 or
Christine on 086 0600589



Sláintecare.
**Healthy
Communities**



Barnardos

No child gets left behind



Riadas na hÉireann
Government of Ireland



Riadas Áitiúil Éireann
Local Government Ireland