



CARE PROGRAMME

AFTERCARE WELLBEING

- 6 x 30min weekly sessions
- Tuesdays from 1-1:30pm
- From 14th Nov - 19th Dec 2023

Self-care is a vital skill, and we want to support you in practising it. It is particularly important currently for us all to take some time out and look after ourselves.

This course provides 6 x 30 minute weekly sessions, to concentrate on self-care and our own wellbeing and resilience. It provides a half hour out just for you and gives you understanding and tools to support taking back control and thriving. It provides a mix of visual, auditory and storytelling learning methods where you can sit back, relax and enjoy our journey together.



Contact Us:
CARE@NAPC.CO.UK

[REGISTER NOW](#)

Our Website:
napc.co.uk/care

