ParentingNI

SINK OR SWIM



FREE 6 Week Programme for Parents & Carers

Do you sometimes struggle with parenting? Are some days better than others? Many parents feel exactly the same way!

Sink or Swim explores the realities of parenting, while sharing tips & tools on how to look after your own mental health. Programme welcomes those parenting 0-18 years specifically.

Online Via Zoom

Open to all areas within the Southern Health & Social Care Trust

Wednesday 11th May - Wednesday 15th June 2022
(6 Weeks)
10.00am - 11.30am

To register call us freephone
0808 8010 722

Interreg Northern Ireland - Ireland - Scotland

HSC Health and Social Care

CAWT cooperation and working together for health gain and social well being in border areas