

Facilitated By  
(Tusla)



### ***Just for Mams***

*Creating a better relationship with ourselves.  
So as to improve our well-being.*



**COBH FAMILY  
RESOURCE CENTRE**

## ***Well-being Program for Mams.***

Starting ***September 10<sup>th</sup> – 15th October***  
***Every Monday for six weeks 9.30am – 11.30am***

Location: ***St Colemans Parish Centre***  
***Beside Cathedral***

***Contact Person JoAnne Tickner: 086-7758270***

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This is space for mams to come and talk about how it is to be a mam and how it can be so difficult at times.

It is not a parenting program  
There will be no pressure to speak  
There is no homework.

All mams that will attend will be awarded with a Certificate at end.

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***My children do not have everything that they want in life.  
But, they have a mom who loves them more than anything else in the world.***