**Ravenshall School**

**Looking After Yourself: Self-Care   
Parent/Carer Session**



**Date:** Friday 8th December 2023

**Time:** 9:30 a.m.

Come and join me for an informal parent/carer information session, where we will discuss the benefits and challenges of self-care, along with strategies and resources to help put this in place. You’ll get a little pamper bag to take home too.

Please let Liz Blythe know if you would like to attend this session as I need to know how many bags to make up.

**Tel:** 01924 456811

**Email:** liz.blythe@ravenshall.org

I look forward to seeing you all. 😊

**Dee MacLeod  
KKIM Parent & Community Worker**