

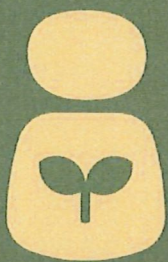
**Take a Moment for You**

**Wellbeing Workshop: “Self-Care and Its Importance”**



We're inviting you to another relaxing and supportive session facilitated by Nicole from Hummingbird Hypnotherapy — a gentle, supportive evening focused on self-care

- Reflect on why self-care matters
- Discover simple ways to nurture yourself
- Enjoy a calming relaxation experience



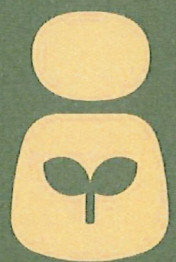
Date: Wednesday 22nd October 2025

Time: 12 noon - 1:30pm

Location: Online via Teams

For more information please visit

<https://derbyshireparentforums.co.uk/forumdates/>



Open to all parent carers – come as you are and take some time for you.