



contact

For families  
with disabled children

## DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS?

COME ALONG TO OUR FREE WELLBEING  
WORKSHOPS!

**Our welcoming and relaxing sessions cover a  
range of topics, including:**

Reflexology taster session | You and your wellbeing  
Beauty session | Create a memory book

Our free virtual workshops provide additional support for families during this pandemic.  
They take place via Zoom.

You can join them all, or just those that suit your needs. For more information please  
contact [nireland.office@cafamfamily.org.uk](mailto:nireland.office@cafamfamily.org.uk)

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Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

# WORKSHOP PROGRAMME

Thursday 17 June, 7.00 pm – 8.00 pm

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## **REFLEXOLOGY TASTER SESSION**

Join us for a relaxing reflexology session for you and your child. Reflexology has several benefits but at its most basic level, it is a soothing experience that is helpful for stress-relief. We hope to create a calming and peaceful atmosphere which you can enjoy on your own, or with your child.

[Register on Eventbrite](#)

Friday 25 June, 10.00 am – 12.00 noon

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## **YOU & YOUR WELLBEING**

- Building your network of support
- A little about stress
- Top tips on taking care of mental and physical health

[Register on Eventbrite](#)

Monday 5 July, 7.00 pm – 8.00 pm

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**CREATE A MEMORY BOOK** A delightful twist on scrapbooking, using paper for layering and other decorative materials this is both an enjoyable and therapeutic crafting session where you create a personal memory book, to reminisce about happy times.

or

## **BEAUTY SESSION**

Join a qualified makeup artist who will share different tips, tricks and techniques to have you looking your best as lockdown begins to ease. This will be a fun interactive session with a chance to ask all your beauty related questions.

[Register on Eventbrite](#)