



PLAY THERAPY WORKSHOP FOR PARENTS

With Marilyn Leneghan
Play Therapy Kerry
Thursday 23rd November 2023
6.30pm to 8.30pm
Collisandes House V92 PF5N

**DEVELOP A CALM KIT FOR
YOUR CHILD**

**BREATHING AND MINDFULNESS
TECHNIQUES**

**PRACTICAL TOOLS TO HELP WITH
WORRY & ANXIETY**



To Book your place please
contact Siobhan on
siobhanryan@newkd.ie or
0877146147



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020



brain

empty star

breathe in breathe out