

**contact** a family  
for families with disabled children



# Stress Management and Wellbeing Day

**Monday 6 July 2015**

**10:00-1400hrs**

**The Indigo Centre, Unit 10, Trubodys Yard,  
London Road, Bridgeyate, Bristol BS30 5NA**

*For Parent Carers of Children with disabilities.*

Come along and meet others, this is a day for YOU.  
Stress Management, strategies for coping, complementary therapies.

**Free parking and lunch provided.**

**BOOKING IS ESSENTIAL- PLACES ARE LIMITED!**

**For further details contact either:**

**Sarah King, SW Parent Advisor Contact A Family, 0117 971 1334**

**Kath Fryer, Cerebra Regional Officer, Bristol 0117 905 5020**

**[Sarah.king@cafamily.org.uk](mailto:Sarah.king@cafamily.org.uk)**

**[kathf@cerebra.org.uk](mailto:kathf@cerebra.org.uk)**



DON'T JUST BE  
GOOD TO OTHERS.  
- BE GOOD TO  
YOURSELF TOO.

