



Living Life to the Full for parents of young children (0-3 years)

**A free 6-week Cognitive Behavioral Therapy
(CBT) programme for parents of young
children aged 0-3 years.**

**This programme teaches
you practical skills to:**

- **Look after your mental health**
- **Manage your feelings when you are stressed, anxious or depressed**
- **Cope with challenges in parenthood**



**20th Sept 2022 -
25th Oct 2022**



**Tuesday Evenings
7pm - 9pm**



Online: Zoom

**To register, visit [aware-ni.org/
booking-living-life-to-the-full](https://aware-ni.org/booking-living-life-to-the-full)**