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Free

Carryduff Library presents

Caring Mindfully workshop

"We care best for others when we first care for ourselves."

A one-hour workshop with local artist Lauren Martin exploring artistic techniques, positive mental health habits and identity in being a carer

Wednesday 7 June
6:45pm-7:45pm

Booking essential Ask staff for details
t: 028 9081 3568
e: carryduff.library@librariesni.org.uk

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