

Self-care has never been more important in our lives, particularly in these uncertain times. Time out for you to experience some relaxation, understand stress, and learn some practical skills for self-care is a win-win.

This course will help an individual to reflect on their overall wellbeing. Build on their self-compassion and other skills to remain happy and motivated.



**MDI INTRODUCTION TO SELF
CARE AND SELF COMPASSION
8 SESSION COURSE
FOR CARERS & PARENTS**

**Beginning Friday 30th of April
and running once a month from
April to December**

6:30PM-8PM ON ZOOM

**To register for this course
contact your local family support
worker or Ewa at
respite@mdi.ie/0866066103 by
Friday the 23rd of April**

Due to the success of the first course, MDI are running a second course starting in April. This workshop is free of charge and is aimed at MDI Member's who are parents, carers or guardians of people with Muscular Dystrophy. It is an opportunity for you to practice self-care with other peers and members and learn simple mindful techniques.

It will be virtually facilitated by Marianne Dwyer from Karuna, certified teacher in meditation and mindfulness and a qualified Counsellor and Psychotherapist.