

SINK OR SWIM



FREE 6 Week Programme for Parents & Carers

Do you sometimes struggle with parenting? Are some days better than others? Many parents feel exactly the same way!

Sink or Swim explores the realities of parenting, while sharing tips & tools on how to look after your own mental health. Programme welcomes those parenting 0-18 years specifically.

Online Via Zoom

**Open to all areas within the
Southern Health & Social Care Trust**

**Wednesday 11th May -
Wednesday 15th June 2022
(6 Weeks)
10.00am - 11.30am**

**To register call us freephone
0808 8010 722**

Interreg 
Northern Ireland - Ireland - Scotland

 **Health and
Social Care**


cooperation and working together
for health gain and social well being in border areas