**ONLINE TRAINING EVENT**

**Wednesday 5th July 2023**

\*\*Limited Places— Book now to avoid disappointment \*\*

***NON-PROFIT ORGANISATION***



**Obstacles to self-care: a creative workshop**

**Led by Sarah Parker —Art Therapist**

**Wednesday 5th July 2023 1-4pm**

**ONLINE**

Learn about using art creatively to support self-care with our online workshop. This workshop is experiential, allowing participants to engage in creative activities to support the self-care of themselves or those that you support.

**This training will include…**

* Looking at what holds us back from committing to self-care practice.
* Exploring this through art making and lead visualisations.
* Discovering some simple techniques to make self-care part of your everyday.

**For this workshop, you will need…**

* An environment that is quiet and private to create a relaxing and safe environment where people feel free to share their experiences. This may be easier to find in the home.
* Space to make art on.
* Some basic art materials like coloured pencils, pastels, crayons or anything else you would like to use. Plus, some paper to draw on.

Please note that this workshop is ONLINE using TEAMS. Joining instructions will be sent out via email following booking confirmation.

Shape, rectangle

Description automatically generated

**£35.00 per delegate**

**To book a place please contact**

[**thebungalowpartnership@gmail.com**](about:blank)

**This training is in high demand and places are limited so book early to avoid disappointment.**

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|  | |  | | --- | | **TRAINING EVENTS**  **BOOKING FORM** | |

**CONTACT DETAILS**

School/Organisation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Position in School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Authorised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ONLINE TRAINING EVENT £35.00 per delegate**

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| **Obstacles to self-care: a creative workshop** | **ONLINE - Wednesday 5th July 2023** |

**DELEGATES**

**Name Email:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TOTAL COST £ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please return completed booking form and accompanying Purchase Order (if required) to:**

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| The Bungalow Partnership  Rose Wood Academy  The Garth  Coulby Newham  Middlesbrough  TS8 0UG  Tel: 01642 595363  Email: [thebungalowpartnership@gmail.com](about:blank) |  |