



‘Mindful Parenting’ Exploring together how we mind ourselves as well as our children.

Dr. Diane O’ Mahony, Clinical Psychologist.



Venue: **Maldron Hotel , Oranmore, Co Gal way**
Dates: **Thursday, December 5th**
Time: **2013**
Fee: **7.00pm**
€10 on arrival .

An evening of support for Parents of children with Special Needs

No need to call!
Just arrive on the evening - in good time!

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