

Coming Soon to a County Near You...

The Adoption Wellbeing Roadshow

Come join us on our roadshow and experience ways in which you can look after your own well-being.

*Creative Arts
Music*

*Relaxation
Techniques*

*This time for
adoptive parents only*

- 6th March 2020 - National Botanical Gardens - Carmarthenshire.
- 16th March 2020 - University of Wales, Aberystwyth - Ceredigion.
- 20th March 2020 - Bridge Innovation Centre, Pembroke Dock - Pembrokeshire.
- 27th April 2020 - Mid Wales Arts Centre, Caersws - Powys.

*Healthy Lunch
Provided*

*Holistic
Therapies*

And so much more.....

*For more information contact the
Adoption team on -*

01267 246970

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