

## Online Event - A Selfcare Toolkit – The Journey Continues

**Continued funding from Scottish Government has enabled Early Years Scotland to offer a further 19 free online wellbeing events.**

Join Marie-Claire Donnelly for an event focussing on selfcare. The event will promote the importance of caring for your mental health and wellbeing and will provide practical suggestions on how to do this.

You may have attended a previous Selfcare Toolkit event and this event will provide an opportunity to remind yourself of the small things you can do every day, or you may join this event at the start of your selfcare journey.

Committing an hour of your time regardless of where you are on your journey will be an investment in your mental health and wellbeing.

Join us on **Teams Live for a 1-hour session** at a date and time that works for you. Marie Claire Donnelly will focus on providing a Self-Care Toolkit to support your Wellbeing.

Wellness Coach and author Marie-Claire is a fully accredited Coach with over 20 years' experience in HR, Fitness and Personal Development. She is a joyful soul who loves living life to the full!

Saturday 22 January - 9.30am <https://www.trybooking.co.uk/BKGR>

Tuesday 25 January - 7.30pm <https://www.trybooking.co.uk/BKGS>

Friday 28 January - 2.00pm <https://www.trybooking.co.uk/BKGT>

Wednesday 2 February – 7.30pm <https://www.trybooking.co.uk/BKGU>

Saturday 5 February - 9.30am <https://www.trybooking.co.uk/BKGV>

Monday 7 February - 6.30pm <https://www.trybooking.co.uk/BKGW>

Wednesday 9 February - 7.30pm <https://www.trybooking.co.uk/BKGX>

Friday 11 February - 9.30am <https://www.trybooking.co.uk/BKGY>

Tuesday 15 February – 8.00pm <https://www.trybooking.co.uk/BKHZ>

Friday 18 February – 2.00pm <https://www.trybooking.co.uk/BKHA>

Tuesday 22 February - 8.00pm <https://www.trybooking.co.uk/BKHB>

Tuesday 1 March - 7.30pm <https://www.trybooking.co.uk/BKHD>

Friday 4 March - 10.00am <https://www.trybooking.co.uk/BKHE>

Thursday 10 March - 7.30pm <https://www.trybooking.co.uk/BKHF>

Wednesday 16 March - 7.30pm <https://www.trybooking.co.uk/BKHG>

Monday 21 March - 8.00pm <https://www.trybooking.co.uk/BKGO>

Thursday 24 March – 7.30pm <https://www.trybooking.co.uk/BKHC>

Friday 25 March – 9.30am <https://www.trybooking.co.uk/BKFB>

Tuesday 29 March - 7.30pm <https://www.trybooking.co.uk/BKGP>