

# Self-Care

## Details

### Description

An online workshop to learn about what barriers there are to self-care, why it's important, and how to use self-care to improve wellbeing.

### Date

07 June 2021

### Start Time

16:00

### End Time

17:00

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## Costs

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Free

Ages - 13-18 years old

## Venue Information

### Address 1

Online

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