



Type 1 Diabetes Support Workshop

Overview

This 6-hour workshop explores practical ways to manage the stress and emotional challenges involved in parenting a child or children with Type 1 diabetes. The day will be experiential and interactive as well as gentle and nurturing. There will be plenty of practical tools to take away.

A willingness to openly explore and share with others will be necessary. Each group will have between eight and sixteen members.

Content

The day will be adapted to suit the particular needs of the group but will likely include:

- challenges
- needs
- support
- self-care

Facilitator

As a mother of a child with Type 1, Paula knows how challenging and how painful it can be to live with Type 1 diabetes in the home. As an experienced psychotherapist, Paula gently supports others as they explore their unique challenges.

Delivery Format

This course can be delivered in person or via Zoom. If attending via Zoom, a good internet connection will be essential.

One-day workshop - see dates below. Additional workshops for groups by arrangement.

N.B. All courses are subject to a minimum enrolment of eight participants.

Cost

The full cost of this workshop is €90 per person. Please contact Paula to discuss the cost for a group booking.

Enrolment

If you are interested in attending this workshop, please email me. In your email, please specify which workshop you are interested in and if you would like to be with a particular group.

Dates

The next one-day workshop will be held on:

Saturday 10 December 10:00am - 5:00pm (lunch: 1:00 pm - 2:00 pm) (Irish standard time)

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