



‘Little Christmas’

Free zoom

Sunday 5th January 2025 10am

Join Zoom Meeting

<https://us02web.zoom.us/j/4938094936>



As the conclusion of Christmastide on 6th January, Join us for a preparation of the celebration of ‘**Little Christmas**’ also known in Ireland as ‘**Nollaig na mBan**’ Women’s Christmas

The Christmas season can be an incredibly stressful time. There’s so much to do! Big family get-togethers, last-minute presents to find and dozens more to wrap. It can feel less merry and bright and more fraught and distraught for many.

As it draws to a close give yourself the gift of time.... for some self-care!

Destroy the idea that you have to be constantly working or grinding in order to be successful. Embrace the concept that rest, recovery, and reflection are essential parts of the progress towards a successful and ultimately happy life.

Contacts

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