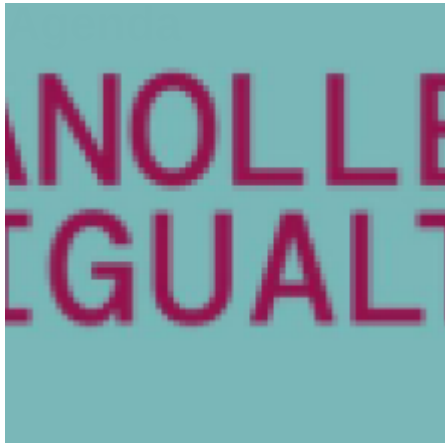




 [1]

26 març 2026 - 10:00h

Taller d'autocura per a treballadores de la llar i cuidadores professionals

Un espai de reconeixement i acompanyament per a les professionals que dediquen la seva vida a cuidar.

Categoria: Formació

•

Can Jonch. Centre de Cultura per la Pau [2]

- Adreça: *C. del Rec, 19*
- Telèfon: *938426834*
- a/e: *canjonch@granollers.cat*

Aprendrem estratègies pràctiques d'autocura per reforçar el benestar físic i emocional, mantenint l'equilibri personal i la salut en la seva tasca diària.

Com anar-hi?

Calendari

dl. dt. dc. dj. dv. ds. dg.

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Cercador d'actes

Per paraula

Per categoria

Cerca

comunicacio@ajuntament.granollers.cat

URL d'origen:https://www.granollers.cat/agenda/igualtat-de-g%C3%A8nere/taller-d%E2%80%99autocura-treballadores-de-la-llar-i-cuidadores-professionals-2?mini=2024-06

Enllaços

- [1] https://www.granollers.cat/sites/default/files/agenda/captura_389.png
- [2] https://www.granollers.cat/adreces/socials/can-jonch-centre-cultura-pau
- [3] https://www.granollers.cat/agenda/data/2024-06 [4] https://www.granollers.cat/printpdf/agenda/igualtat-de-g%C3%A8nere/taller-d%E2%80%99autocura-treballadores-de-la-llar-i-cuidadores-professionals-2?mini=2024-05 [5] https://www.granollers.cat/printpdf/agenda/igualtat-de-g%C3%A8nere/taller-d%E2%80%99autocura-treballadores-de-la-llar-i-cuidadores-professionals-2?mini=2024-07
- [6] https://www.granollers.cat/agenda/data/2024-06-01 [7] https://www.granollers.cat/agenda/data/2024-06-02 [8] https://www.granollers.cat/agenda/data/2024-06-03 [9] https://www.granollers.cat/agenda/data/2024-06-04 [10] https://www.granollers.cat/agenda/data/2024-06-05 [11] https://www.granollers.cat/agenda/data/2024-06-06 [12] https://www.granollers.cat/agenda/data/2024-06-07 [13] https://www.granollers.cat/agenda/data/2024-06-08 [14] https://www.granollers.cat/agenda/data/2024-06-09 [15] https://www.granollers.cat/agenda/data/2024-06-10 [16] https://www.granollers.cat/agenda/data/2024-06-11 [17] https://www.granollers.cat/agenda/data/2024-06-12 [18] https://www.granollers.cat/agenda/data/2024-06-13 [19] https://www.granollers.cat/agenda/data/2024-06-14 [20] https://www.granollers.cat/agenda/data/2024-06-15 [21] https://www.granollers.cat/agenda/data/2024-06-16 [22] https://www.granollers.cat/agenda/data/2024-06-17 [23] https://www.granollers.cat/agenda/data/2024-06-18 [24] https://www.granollers.cat/agenda/data/2024-06-19 [25] https://www.granollers.cat/agenda/data/2024-06-20 [26] https://www.granollers.cat/agenda/data/2024-06-21 [27] https://www.granollers.cat/agenda/data/2024-06-22 [28] https://www.granollers.cat/agenda/data/2024-06-23 [29] https://www.granollers.cat/agenda/data/2024-06-24 [30] https://www.granollers.cat/agenda/data/2024-06-25 [31] https://www.granollers.cat/agenda/data/2024-06-26 [32] https://www.granollers.cat/agenda/data/2024-06-27 [33] https://www.granollers.cat/agenda/data/2024-06-28

[34] <https://www.granollers.cat/agenda/data/2024-06-29> [35] <https://www.granollers.cat/agenda/data/2024-06-30>