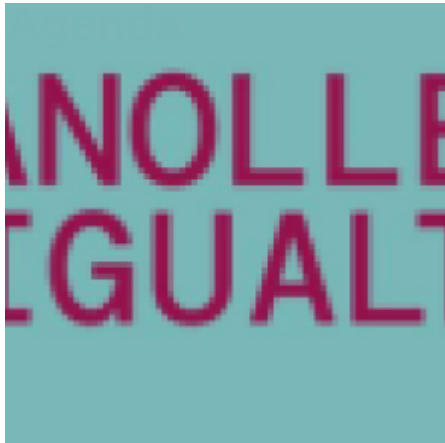




 [1]

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

octubre
2024

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

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[36]					

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=2024-10>

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/2024-10> [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=2024-09> [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=2024-11>
[6] <https://www.granollers.cat/agenda/data/2024-10-01> [7] <https://www.granollers.cat/agenda/data/2024-10-02> [8] <https://www.granollers.cat/agenda/data/2024-10-03> [9] <https://www.granollers.cat/agenda/data/2024-10-04> [10] <https://www.granollers.cat/agenda/data/2024-10-05> [11] <https://www.granollers.cat/agenda/data/2024-10-06> [12] <https://www.granollers.cat/agenda/data/2024-10-07> [13] <https://www.granollers.cat/agenda/data/2024-10-08> [14] <https://www.granollers.cat/agenda/data/2024-10-09> [15] <https://www.granollers.cat/agenda/data/2024-10-10> [16] <https://www.granollers.cat/agenda/data/2024-10-11> [17] <https://www.granollers.cat/agenda/data/2024-10-12> [18] <https://www.granollers.cat/agenda/data/2024-10-13> [19] <https://www.granollers.cat/agenda/data/2024-10-14> [20] <https://www.granollers.cat/agenda/data/2024-10-15> [21] <https://www.granollers.cat/agenda/data/2024-10-16> [22] <https://www.granollers.cat/agenda/data/2024-10-17> [23] <https://www.granollers.cat/agenda/data/2024-10-18> [24] <https://www.granollers.cat/agenda/data/2024-10-19> [25] <https://www.granollers.cat/agenda/data/2024-10-20> [26] <https://www.granollers.cat/agenda/data/2024-10-21> [27] <https://www.granollers.cat/agenda/data/2024-10-22> [28] <https://www.granollers.cat/agenda/data/2024-10-23> [29] <https://www.granollers.cat/agenda/data/2024-10-24> [30] <https://www.granollers.cat/agenda/data/2024-10-25> [31] <https://www.granollers.cat/agenda/data/2024-10-26> [32] <https://www.granollers.cat/agenda/data/2024-10-27> [33] <https://www.granollers.cat/agenda/data/2024-10-28>

[34] <https://www.granollers.cat/agenda/data/2024-10-29> [35] <https://www.granollers.cat/agenda/data/2024-10-30> [36] <https://www.granollers.cat/agenda/data/2024-10-31>