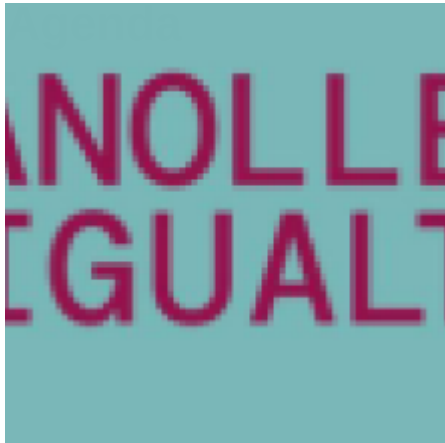




 [1]

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

desembre
2024

[3]

[4]«

»[5]

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

1 [6]

2 3 4 [9] 5 6 7 8
[7] [8] [10] [11] [12] [13]

9 10 11 12 13 14 15
[14] [15] [16] [17] [18] [19] [20]

16 17 18 19 20 21 22
[21] [22] [23] [24] [25] [26] [27]

23 24 25 26 27 28 29
[28] [29] [30] [31] [32] [33] [34]

30 31
[35] [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=2024-12>

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/2024-12> [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=2024-11> [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=2025-01>

[6] <https://www.granollers.cat/agenda/data/2024-12-01> [7] <https://www.granollers.cat/agenda/data/2024-12-02>

[8] <https://www.granollers.cat/agenda/data/2024-12-03> [9]

<https://www.granollers.cat/agenda/data/2024-12-04> [10] <https://www.granollers.cat/agenda/data/2024-12-05>

[11] <https://www.granollers.cat/agenda/data/2024-12-06> [12]

<https://www.granollers.cat/agenda/data/2024-12-07> [13] <https://www.granollers.cat/agenda/data/2024-12-08>

[14] <https://www.granollers.cat/agenda/data/2024-12-09> [15]

<https://www.granollers.cat/agenda/data/2024-12-10> [16] <https://www.granollers.cat/agenda/data/2024-12-11>

[17] <https://www.granollers.cat/agenda/data/2024-12-12> [18]

<https://www.granollers.cat/agenda/data/2024-12-13> [19] <https://www.granollers.cat/agenda/data/2024-12-14>

[20] <https://www.granollers.cat/agenda/data/2024-12-15> [21]

<https://www.granollers.cat/agenda/data/2024-12-16> [22] <https://www.granollers.cat/agenda/data/2024-12-17>

[23] <https://www.granollers.cat/agenda/data/2024-12-18> [24]

<https://www.granollers.cat/agenda/data/2024-12-19> [25] <https://www.granollers.cat/agenda/data/2024-12-20>

[26] <https://www.granollers.cat/agenda/data/2024-12-21> [27]

<https://www.granollers.cat/agenda/data/2024-12-22> [28] <https://www.granollers.cat/agenda/data/2024-12-23>

[29] <https://www.granollers.cat/agenda/data/2024-12-24> [30]

<https://www.granollers.cat/agenda/data/2024-12-25>

[31] <https://www.granollers.cat/agenda/data/2024-12-26> [32] <https://www.granollers.cat/agenda/data/2024-12-27> [33] <https://www.granollers.cat/agenda/data/2024-12-28>
[34] <https://www.granollers.cat/agenda/data/2024-12-29> [35] <https://www.granollers.cat/agenda/data/2024-12-30> [36] <https://www.granollers.cat/agenda/data/2024-12-31>