



 [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

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### **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**

**abril 2025** [3]

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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=2025-04>

### Enllaços

[1] [https://www.granollers.cat/sites/default/files/agenda/captura\\_389.png](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/2025-04> [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=2025-03> [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=2025-05>  
[6] <https://www.granollers.cat/agenda/data/2025-04-01> [7] <https://www.granollers.cat/agenda/data/2025-04-02> [8] <https://www.granollers.cat/agenda/data/2025-04-03> [9] <https://www.granollers.cat/agenda/data/2025-04-04> [10] <https://www.granollers.cat/agenda/data/2025-04-05> [11] <https://www.granollers.cat/agenda/data/2025-04-06> [12] <https://www.granollers.cat/agenda/data/2025-04-07> [13] <https://www.granollers.cat/agenda/data/2025-04-08> [14] <https://www.granollers.cat/agenda/data/2025-04-09> [15] <https://www.granollers.cat/agenda/data/2025-04-10> [16] <https://www.granollers.cat/agenda/data/2025-04-11> [17] <https://www.granollers.cat/agenda/data/2025-04-12> [18] <https://www.granollers.cat/agenda/data/2025-04-13> [19] <https://www.granollers.cat/agenda/data/2025-04-14> [20] <https://www.granollers.cat/agenda/data/2025-04-16> [21] <https://www.granollers.cat/agenda/data/2025-04-17> [22] <https://www.granollers.cat/agenda/data/2025-04-18> [23] <https://www.granollers.cat/agenda/data/2025-04-19> [24] <https://www.granollers.cat/agenda/data/2025-04-20> [25] <https://www.granollers.cat/agenda/data/2025-04-21> [26] <https://www.granollers.cat/agenda/data/2025-04-22> [27] <https://www.granollers.cat/agenda/data/2025-04-23> [28] <https://www.granollers.cat/agenda/data/2025-04-24> [29] <https://www.granollers.cat/agenda/data/2025-04-25> [30] <https://www.granollers.cat/agenda/data/2025-04-26> [31] <https://www.granollers.cat/agenda/data/2025-04-27> [32] <https://www.granollers.cat/agenda/data/2025-04-28> [33] <https://www.granollers.cat/agenda/data/2025-04-29>

[34] <https://www.granollers.cat/agenda/data/2025-04-30>