



 [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 2026 [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=2026-04>

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/2026-04> [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=2026-03> [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=2026-05>

[6] <https://www.granollers.cat/agenda/data/2026-04-01> [7] <https://www.granollers.cat/agenda/data/2026-04-02>

[8] <https://www.granollers.cat/agenda/data/2026-04-03> [9] <https://www.granollers.cat/agenda/data/2026-04-04>

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