

Setembre-  
Desembre  
2025



 [1]

5 nov. 2025 - 10:00h

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

Acàrrrec de: MujeresPa' lante

**Categoria:** Taller

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**Plaça de l'Església** [2]

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

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## Cercador d'actes

Per paraula

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Per categoria

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Cerca

comunicacio@ajuntament.granollers.cat

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**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?mini=2025-07>

### Enllaços

[1] [https://www.granollers.cat/sites/default/files/agenda/captura\\_de\\_pantalla\\_2025-09-17\\_124225\\_4.png](https://www.granollers.cat/sites/default/files/agenda/captura_de_pantalla_2025-09-17_124225_4.png)  
[2] <https://www.granollers.cat/adreces/lleure/pla%C3%A7a-de-lesgl%C3%A9sia>  
[3] <https://www.granollers.cat/agenda/data/2025-07> [4] <https://www.granollers.cat/printpdf/agenda/igualtat-de-g%C3%A8nere/taller-d%E2%80%99autocura-treballadores-de-la-llar-i-cuidadores-professionals?mini=2025-06> [5] <https://www.granollers.cat/printpdf/agenda/igualtat-de-g%C3%A8nere/taller-d%E2%80%99autocura-treballadores-de-la-llar-i-cuidadores-professionals?mini=2025-08> [6] <https://www.granollers.cat/agenda/data/2025-07-01>  
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