



Family Wellness Webinar Series with Gráinne Powell

Gráinne has over 20 years of experience working with families and communities as a trainer and facilitator in the areas of drug education, health promotion and parenting supports. She is currently studying for a PhD on parenting experiences. As a parent of three children herself, Gráinne acknowledges that while parenting is rewarding and enjoyable, it can also be challenging and tiring! Gráinne's approach to family wellness is to develop healthy everyday practices and routines to improve relationships and make parenting less stressful and more enjoyable.