



Cuidiú
Caring Support for Parenthood

Cuidiú Cork Annual General Meeting

Monday 8 February 2016

7.30 - 10pm

**Cork City Childcare, Dundanion House, Blackrock,
Cork**

Guest Speaker – Val Mullally

**How I got from there to here (My Parenting Journey)
What I have discovered about mindful parenting.**

Val Mullally MA, Parenting Expert and AC Accredited Coach, is an author and founder of Koemba Parenting Coaching. Join us as Val discusses her parenting journey and talks to us about mindful parenting practices.

Cuidiú 2016 AGM Agenda

1. Apologies for Absence
2. Minutes of 2015 AGM
3. Cuidiu Cork Annual Report
4. Election of New Committee
5. Any Other Business