

Wellbeing



A private and confidential space with no distractions where you can choose to engage in as little or as much as you like



Knowledge is Power!

The *Parental Wellbeing* group is an 11 week programme for parents or carers

Our aim is

- Support parents and carers who are experiencing low mood and anxiety.
- Help parents feel more in control and less stressed.
- Meet guest speakers from other agencies, CAMHS, Police, Talking Therapies, WDH, GamCare, Solicitors, Spectrum to name a few.
- Support is given in areas such as future aspirations, managing & identifying stress, bereavement, domestic abuse, gaming & gambling, current crime trends, staying safe online & drugs & alcohol misuse.

**FOR MORE DETAILS
CONTACT**

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