

South East Cluster



Welcome to Wellbeing

A private and confidential space with no distractions where you can choose to engage 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

- 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, LGBT+, Spectrum to name a few
- Advice, Information & support is given in areas such as future aspirations, managing & identifying stress, bereavement, domestic abuse, gaming and gambling, current crime trends, staying safe online, drugs & alcohol misuse

Contact Cedars or Havercroft Family Hub on 01977 722305
or pop into reception for more details