



A peer support group for parents/carers who have a child or young person with any kind of emotional or mental health problem.

Surviving Winter **Lockdown!**

Our Zoom meetings for January 2021 will focus on the challenges of surviving another national lockdown.

Thursday 14th January 10-12pm

Monday 25th January 7pm-8.30pm

Email Claire chats_123@yahoo.com for a zoom invite.

YOU ARE NOT ON YOUR OWN

We are here to help; if you need emotional/practical support or just someone to talk too please contact:

**Parent Reps: Claire – 07908452426
Rebecca – 07950784015
CAMHS/CPS: Wendy – 01524550650**