

## CENTRAL LANCASHIRE-ONLINE PARENT & CARER PEER SUPPORT

Supporting YOU to support your Young Person with their Mental Health & Wellbeing

## JOIN US ONLINE

3rd Monday of the Month 5:30pm - 7pm Next Session: Monday 19<sup>th</sup> May

FREE virtual informal Peer Support Group, for parents/carers seeking support and connection from others with shared experiences.

To register to attend email or for more info. email: <a href="mailto:nikih@keycharity.org.uk">nikih@keycharity.org.uk</a>





Prefer to meet in-person? For details of other groups in Central Lancashire, Scan here:

