



'Time to Chat'

A parent led, professionally supported, Peer Support Group for parents and carers of children and adolescents **with a focus on mental health.** A safe space to share experiences, gain advice and problem solve together.

Our meetings are held on:

THE FIRST WEDNESDAY EVERY MONTH AT 5PM at

Thornton Family Wellbeing Centre
Stannyfield Drive, Thornton, L23 1TY

Contact: time.to.chatPCPS@gmail.com
to register interest or ask any questions

