



TIME TO CHAT

A PARENT LED, PROFESSIONALLY SUPPORTED PEER SUPPORT GROUP FOR PARENTS AND CARERS.

A SAFE PLACE TO SHARE EXPERIENCES, GAIN ADVICE AND PROBLEM SOLVE TOGETHER WITH A FOCUS ON CHILDREN'S MENTAL HEALTH

MEETINGS ARE HELD ON THE FIRST WEDNESDAY OF EVERY MONTH AT 5PM AT THORNTON FAMILY WELLBEING CENTRE, STANNEY FIELD DRIVE, L23 1TY



@TIME_TO_CHAT_PCPS

December - Self Care

'December is a busy month for many of us - so please come along to our Self care parent and carer session

A chance to reflect on how Self-care can support you and your family over the Christmas period, while you enjoy a mince pie and hot drink

**Wed 6th December at 5pm -
'Self Care'**

Thornton Family Wellbeing Centre, L23 1TY

Contact:

Time.to.chat.PCPS@gmail.com

to register interest or ask questions

