

YOU'RE NOT ALONE

Peer Support Group for Parents & Carers of Children with SEND Needs or Mental Health Challenges

Are you supporting a child or young person with challenging **SEND needs** or **mental health difficulties**?

Join our Parent Peer Support Group – a safe, welcoming space to connect with others who understand.



Join us for:



Share experiences in a supportive environment



Receive **practical advice** and emotional support



Connect with other families facing similar challenges



Take time for your own **wellbeing**



Led by parents, for parents.

You don't need to have all the answers – we're here to listen, support and learn together.

What parents say:

"Talking lifted the weight off me."

"I no longer feel isolated.
People are in my corner."

"It's nice to have adult time with other parents who understand."

"Meeting new people, hearing useful tips and advice, and sharing what I've learned."



Parents and carers of children and young people of all ages are welcome.



CONFIDENTIAL • NON-JUDGEMENTAL • INCLUSIVE



WHEN

Wednesdays
starting September 23rd
7:00pm – 9:00pm



WHERE

Annabelle Davis Centre
St Peter's Lodge
Love Lane
Wisbech
PE13 1HP



COST FREE

Tea, coffee and biscuits provided.



For more information or to join:
kayleigh.sherwin@ypcs.uk

