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DEVELOPING RESILIENCE & WELLBEING FOR PARENT CARERS RAISING CHILDREN WITH SEND & CHALLENGING BEHAVIOUR

**Every Wednesday Evening from 19:30 to 21:00
start date 29th January for 6 sessions
except 19th February (Half Term)**

Learn How to:

- ✓ Develop a positive and empowering relationship with yourself & others
- ✓ Discover the power of self-care and self-acceptance
- ✓ Find new ways to prioritise your mental health and well-being
- ✓ Practice and rehearse strategies for building your skills and strengthening your resolve to journey on
- ✓ Share and explore your travels so far
- ✓ Take note and celebrate the skills you have acquired along the way

For More Info:

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**Only Limited
Spaces Available!
click this button**

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