

# PARENT & CARER SUPPORT GROUP

**Strengthening Family Life,  
Because Family Matters!**

We will be delivering 6 'Care For The Family' sessions to support Parents & Carers with Primary and Teenage aged Children.

Join us for informed discussions,  
signposted support and an open-minded  
environment to make sense of  
your current situation.

**Term Time Only:  
Tuesday Mornings  
9:30 - 11:30am**

- It's not just me
- Love them and let them know
- It's good to talk
- Boundaries & Battles
- Parenting with elastic
- Creating a sense of belonging



**CONTACT:**

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