

Mental Health Parent and Carer Peer Support Group

Our peer support group is safe space for those parents and carers who are supporting a child or young person struggling with emotional or mental health to be heard, supported and to share stories with others.

OUR GROUPS AIM TO:

- Give support to parents/carers to have their voice heard
- Share coping strategies
- Provide a relaxed informal group
- Have games/activities suggested by you and your peers
- Build friendships
- Be involved in advocating in change

DATE: Thursday 11th February 2021, 16:00-17:30 via Zoom.

LINK: www.eventbrite.co.uk/e/mental-health-peer-support-group-tickets-138925400613

Any questions can be directed to Casey.Devine@southtyneside.gov.uk