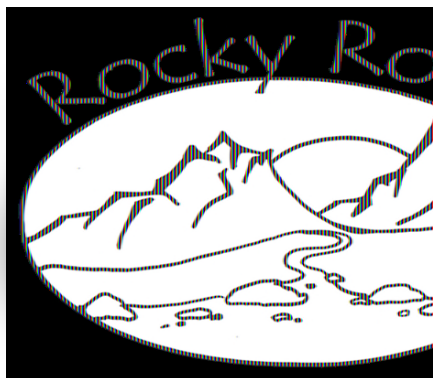




HOPE

HOPE Support for Parent/Carers



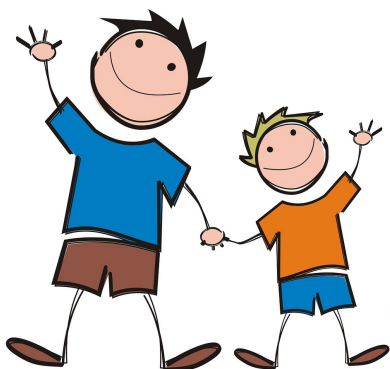
Parenting can be problematic! 😞

We might describe it as a 'rocky road'. But, with a helping hand & reassurance we can help and support each other. That's why the HOPE Project is extending its support to parent/carers. Please come along, it is a safe space to talk, share ideas and get support. You ARE a good parent, you ARE doing a good job.

You are NOT alone.

15 Sept 2020 Via Zoom 7-8.30pm	6 October Via Zoom 7-8.30pm
10 November Via Zoom 7-8.30pm	1 December Via Zoom 7-8.30pm
5 Jan 2021 Via Zoom 7-8.30pm	2 Feb 2021 Via Zoom 7-8.30pm
23 Feb 2021 Via Zoom 7-8.30pm	23 March 2021 Via Zoom 7-8.30pm
27 April 2021 Via Zoom 7-8.30pm	25 May 2021 Via Zoom 7-8.30pm
15 June 2021 Via Zoom 7-8.30pm	6 July 2021 Via Zoom 7-8.30pm

Accessing virtual support sessions via Zoom: Get in touch via links to email/Facebook/Zoom. To register via Zoom - <https://bit.ly/32AR9uZ>



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<https://www.facebook.com/groups/307600263715809>