

Being a parent can be challenging especially when our children are struggling with their emotional well-being. We often think we're getting it wrong, feel alone and have no where to turn.



Join HOPE zoom parent support sessions; a safe place to find information, chat and learn through shared experience.

Tues 13th July 7pm

Thurs 15th July 10am

Surviving the Summer

Stress management and behaviour tips to help us manage, relax and enjoy the summer break.

Tues 3rd August 7pm

Journalling and Summer Activities

Tues 24th August 7pm

Preparing for the return to school: Routine and Sleep

To find out more contact your HOPE mentor in school or Keddie on 07508 176043

keddieHOPE2021@outlook.com

Or register:

<https://us02web.zoom.us/meeting/register/tZwsde6ggT0jG9Z1P-U0lckA4Y7KBzYDihxU>



SCAN ME

