



For parents/carers who are supporting a child or young person with any kind of emotional or mental health problem.

Anxiety - Low Mood - Depression - Self Harm - Eating Disorders -

Sleep Problems - Suicidal Thoughts - Obsessions and Compulsions - and more

You are not alone! Supporting a child or young person with emotional or mental health issues can be challenging, isolating and sometimes feel like you're riding a real emotional rollercoaster!

Come along to the group, meet other parents/carers in similar situations and get support. There will be guest speakers, discussion topics, practical tips for coping and tea & coffee of course!

Third Wednesday of every month

Acley Centre Newton Aycliffe - meet in reception

6pm-8pm

For further information, please contact:

Wendy: 07415 380 040 or Nicky: 07500 783 634

Hope to see you there!