

Breathe

A SPACE FOR PARENTS & CARERS IN HARROW WHO HAVE CHILDREN & YOUNG PEOPLE ON WAITING LISTS FOR MENTAL HEALTH SERVICES.

THEMED WORKSHOPS ON
RELEVANT TOPICS
OPPORTUNITIES TO SHARE EXPERIENCES
WITH OTHER PARENTS & CARERS
ACCESS TO SUPPORT

JOIN US - GROUP MEETINGS ARE
DELIVERED VIA A MIXTURE OF
FACE TO FACE OR ONLINE VIA ZOOM

17TH OCT, 7-8:00PM - UNDERSTANDING STRESS
AND TIPS TO REDUCE IMPACT

28TH NOV, 7-8:00PM - CAAS TALK ON SLEEP

12TH DEC, 7-8:30PM - IN PERSON, CHRIST CHURCH, HA2 0JN

For further information or to confirm your attendance please email
breathe.parentsupport@hopeharrow.org.uk

