



# Parents Support Group

**COME AND JOIN US FOR A VIRTUAL CHAT!**

**ANY PARENTS AND CARERS WELCOME.**

**Come and join for:**

- Support during this difficult time
- Meet others in a similar position
- A safe space
- Let us know how we can help you
- Share stories of success!
- Take a moment for yourself

**Every Thursday 10:00-11:00am**

**via Zoom**

**Meeting ID: 884 92479506**

**Any queries please don't hesitate to contact us:**

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