

## December - Self Care

### **TIME TO CHAT**

**A PARENT LED, PROFESSIONALLY SUPPORTED PEER  
SUPPORT GROUP FOR PARENTS AND CARERS.  
A SAFE PLACE TO SHARE EXPERIENCES, GAIN  
ADVICE AND PROBLEM SOLVE TOGETHER WITH A  
FOCUS ON CHILDREN'S MENTAL HEALTH**

**MEETINGS ARE HELD ON THE FIRST WEDNESDAY OF  
EVERY MONTH AT 5PM AT  
THORNTON FAMILY WELLBEING CENTRE, STANNEY  
FIELD DRIVE, L23 1TY**

**'December is a busy month for many  
of us - so please come along to our  
Self care parent and carer session**

**A chance to reflect on how Self-care  
can support you and your family over  
the Christmas period, while you enjoy  
a mince pie and hot drink**

**Wed 6th December at 5pm -  
'Self Care'**

**Thornton Family Wellbeing Centre, L23 1TY**

**Contact:**

**[Time.to.chat.PCPS@gmail.com](mailto:Time.to.chat.PCPS@gmail.com)**

**to register interest or ask questions**



**@TIME\_TO\_CHAT\_PCPS**



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