

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**

Dates and topics

Wed 1st November at 5pm -
'Social media and technology'

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



Contact:

Time.to.chat.PCPS@gmail.com
to register interest or ask questions

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