

DOES YOUR CHILD OR TEEN SUFFER FROM ANXIETY, DEPRESSION OR A RELATED MENTAL HEALTH ISSUE? DO YOU NEED SOME SUPPORT AND SOMEWHERE TO TALK?

If so, come and join our parent support group,
run by parents for parents.

Every Monday between 1.30 & 2.30pm from 23rd April
onwards at Little Forest Centre, Friars Way, TN2 3UA



We offer a place to talk about your experiences, get support
and learn from others going through the same thing.

Interested in attending or want more information?
Please email ukpc.group@outlook.com

UK PARENTS & CAREGIVERS
OF CHILDREN/TEENS WITH ANXIETY AND DEPRESSION



Join our community of parents and carers on facebook. Search:
UK Parents & Caregivers of Children/Teens with Anxiety and Depression