



LIVE IN LONDON AND CARE FOR A CHILD WITH ADDITIONAL NEEDS?

Feel like your health and wellbeing are suffering but not sure what to do?

OUR NEW FREE HEALTHY PARENT CARERS PROGRAMME COULD BE WHAT YOU ARE LOOKING FOR!

Meet other parents | Build confidence | Make positive changes

Developed with and for parent carers, our 12 session course will help you take small, manageable steps to help improve your health and wellbeing. And because our course leaders are parent carers too, they know all about the joys and challenges this can bring.

“GIVE YOURSELF TIME.... DO SOMETHING FOR YOU”

To find out more and to book your free place, visit our [Eventbrite page](#).

This is a 12 session course over 7 weeks starting on **17 May 2021**

There are limited places and it will be first come first served
so please book now to avoid disappointment.



contact *For families
with disabled children*

UNIVERSITY OF
EXETER

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).