



Give yourself a present ... you deserve it!

Being a parent carer can mean that other parents don't always understand what life is like for you. Why not join other parent carers for coffee* for an hour? [*or whatever you fancy!]

- * Share top tips for surviving Christmas
- Talk about your concerns with parents who really understand
- * Celebrate what is going well for your family



There's no need to book as long as you are a parent carer of a child or young person with SEND – and it's fine if they want to say hello too! Just click on the link below when you are ready to join.

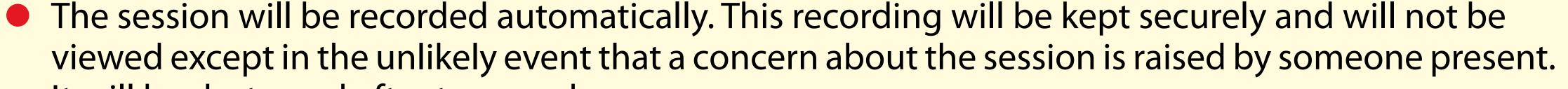


https://us02web.zoom.us/j/83006703755

Monday 21 December from 10:00 to 11:00am



We want our coffee mornings to be a safe, friendly place for parent carers to spend time together. We know this works best when everyone knows what to expect. So it may help you to know that: • We will aim to start and finish on time.



It will be destroyed after two weeks.