



## 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.
- The session will be recorded automatically. This recording will be kept securely and will not be viewed except in the unlikely event that a concern about the session is raised by someone present. It will be destroyed after two weeks.