



TIME TO TALK

PARENT/CAREGIVER
DROP-IN

**Offering advice,
guidance, resources,
interventions and
signposting to parents
and caregivers.**

Parenting isn't always easy. Although it's rewarding to watch the children in our care grow up, and learn to be independent, it is often very hard work and demanding, emotionally, financially, and physically.

Tuesday 26th
November
9am to 11am

Part of



01782 262100



reception@nsmind.org.uk



www.nsmind.org.uk