



S.P.A.C.E @CANW

Supporting Parents And Carers Emotionally

Are you a parent/carers with a child or young person who is experiencing emotional or mental health issues?

Anxiety

Low mood & Depression

Self-harm

Eating Disorders

Sleep Problems

Suicidal Thoughts

Obsessions/Compulsions



We are offering a friendly, supportive, peer support group led by an experienced parent where you can share experiences, develop skills and strategies, and gain access to other support.

There is support for everyone

Join us for a brew, biscuit and a chat at one of our face to face groups, or online in one of our virtual sessions in the comfort of your own home and log onto our Facebook page for further support and signposting.



 **GROUP**
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Registered Charity No: 222533