

ARE YOU A PARENT?

Number 22 recognise that being a parent is one of the toughest jobs we may do in our life. There are many challenges that parents face and can often feel alone and unsupported.

With more children and young people experiencing emotional, behavioural or mental health issues we would like to offer support to parents.

The waiting times for children and young people to access the right support can at times be months, often leaving parents feeling helpless and disempowered.

PARENT SUPPORT GROUP

The support group would provide a free, confidential, respectful environment for parents who would be heard and supported with compassion and sensitivity.

The following are all integrated in to the work we do to help parents feel they are not alone.

- Family/relationship breakdown
- Mental health issues of both parents and young people
- Impact of disability on family
- Living in poverty/disadvantaged families
- School refusal/Unhappy at school
- Involvement with Social Care

If you would like to enquire or attend a support group, please contact Alison Batey in the first instance for more details.

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