

**GUIDING THE WAY TO HELP  
YOU SUPPORT YOUR CHILDREN**



## PARENT/ FAMILY SUPPORT DROP IN

Family Practitioner Yvonne Ford from Compass GO... is holding a drop in session at this school to share ideas for a Peer Support Group to be held once per month for parents to get together to support each other with any emotional wellbeing or Mental health issues their children and young people are experiencing.

The drop in is to explore:

- What are the most common issues/ topics parents want to have more information on.
- What venue in their area parents would feel happy attending.
- Who would they like to invite as a guest speaker for more information or support.

The first group session will be to get together and explore what parents feel is the support you need, have an informal chat about your experiences and start to help you with these.

Yvonne will also be sharing information regarding workshops and webinars that will offer support to parents through school information about online & group sessions that will be held weekly in the community for parents that want to learn more about supporting their children and young people with their mental health and emotional wellbeing.

TO FIND OUT MORE  
PLEASE CONTACT US ON:

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