



**Thriving
Families**

DIGITAL PEER SUPPORT

Do you support a child or young person (0-25 years) who sometimes needs extra help or care?

The support may be short or long term, possibly due to their learning environment, family circumstances, health, social and emotional well-being needs or a disability.

Join our online sessions to connect with others who 'get it' and can help.

- Share & Care - Tuesdays 11am-12pm

- Time In - Thursdays 7pm-8pm

- Let it out - Saturdays 10am-11am

zoom



- Private Facebook Group:
'Thriving Families - Peer Support'



contact info@thrivingfamilies.org.uk, call 07514 120288 or see www.facebook.com/thrivingfamilies for more information