

PARENT-CARER WELLBEING COURSE



SELF
CARE

Just 4
sessions

9:30am-12pm

Suitable for
parent-carers across North
Birmingham of a child
(aged 4-25) with special
educational needs and
disability (SEND)

- Explore and rediscover your sense of self
- Identify early signs of emotional distress
- Understand and develop your own positive emotional wellbeing
- Develop and enhance your self esteem
- Gain strategies to manage your own emotional wellbeing
- Develop a support network with other parent-carers

Session 1, Tuesday 22nd October 2019

Session 2, Tuesday 5th November 2019

Session 3, Tuesday 12th November 2019

Session 4, Tuesday 19th November 2019

Midland Mencap
Outdoor Activity Centre
Clifton Road
Sutton Coldfield
B73 6EB

To Book your place please contact: Family Carers Information Service

E: families@midlandmencap.org.uk T: 0121 442 2944

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