

UNIQUENESS



An inclusive group for parents and carers with children who are diagnosed or undiagnosed and/or display challenging behaviour

**STARTS
MONDAY
27TH FEB
2023**

- * Listening circle
- * Healing from stress and trauma
- * Tears and tantrums/meltdowns
- * Self-care and compassionate
- * Art for Wellbeing - Colour me happy

**FREE
FUNDED
SPACES**

PARENT SUPPORT GROUP

Confidential Safe Space
for sharing, listening and
learning together.

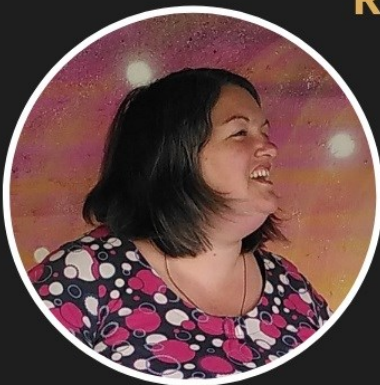
**Dates: 27th Feb, 6th,
13th, 20th, 27th Mar**

Time: 10:30-12.00

**Venue
GFMA Community Office,
Ground Floor,
Valiant House,
Valley Grove,
SE7 8BD**

ROWAN PUBBLE

**An Aware Parent
Instructor
Experienced childcare
professionals - over 20yrs
Mother to two sons**



CALL TO BOOK

07962400996

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