



FREE PARENT / CARER SUPPORT SESSIONS

Sarah Lovell, Children & Families Practitioner

Friendly, flexible support for parents/carers on a variety of issues affecting you or your family life. Sessions will be offered on the phone, with email follow-up if helpful.

Support may include:

- Talking through how things are and how you and your family members are feeling.
- Offering tips and strategies to try at home to help with a whole range of different challenges, big or small, short or long term.
- Accessing information about other services and organisations who might be able to offer more extensive or specific support.

Please contact me directly on the email address below or let your school know you would like to book in.

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