



**Keeping Children, Young People and Families  
Safe**

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[www.safety-net.org.uk](http://www.safety-net.org.uk)

[www.safetynetkids.org.uk](http://www.safetynetkids.org.uk)

## **FREE PARENT / CARER SUPPORT**

**Sarah Lovell**

**Children & Families Wellbeing  
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.

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 reception staff know you would like to book in.**

**\* [Sarah.Lovell@safety-net.org.uk](mailto:Sarah.Lovell@safety-net.org.uk) \***