

Parents and Carers

Do you ever feel...

- Overwhelmed or isolated?
- Like you're the only one struggling?
- Worried about screen time, behaviour, mental health?

Come along to the Parent / Carer Peer Support Group

Join other parents / carers in a similar situation for a free cuppa, sandwich and a listening ear. Get tips and advice.

Starts 3rd November 2022

Thursdays 6-7.30pm

Maryhill Health Centre

51 Gairbraid Avenue

Glasgow G20 8BZ



Please contact Ayisha for more information on:

 07816 225 889

mi • 339917 v1.0

What parents told us...

Parents need as much support as children and young people.

Staff are non-judgmental and a great shoulder to cry on.

This approach was different from other organisations I have been involved with.

I feel like someone is fighting for my child the way I have been fighting for my child all these years.

I would like to attend groups where I can talk about my issues. A group which is attended by other parents where experiences can be shared would be beneficial.