



Now is the time to put you first !

As parent carers, we know how tough life can be and the extra stresses that we carry.

Parent Carers Together are pleased to offer this free 6 week Healthy Parent Cares Programme , so come join our trained facilitators Pearl & Louise, we will provide you with a safe space to focus on your own health and wellbeing.

CLANGERS: = Connect, Learn, be Active, take Notice, Give, Eat well, Relax, Sleep.

Previous participants said:

‘Engaging in this has been loads of fun’

‘facilitators were knowledgeable’

‘my experiences were validated, I feel more relaxed’

More recollections here: <https://vimeo.com/376771910>

To register your interest, stating your preference for online or in-person click the link below.

<https://forms.office.com/e/XX0vF018vj>

OR scan the QR Code

PCT Booking Form

