

# Breathe

A SPACE FOR PARENTS & CARERS IN HARROW WHO HAVE CHILDREN & YOUNG PEOPLE ON WAITING LISTS FOR MENTAL HEALTH SERVICES.

THEMED WORKSHOPS ON  
RELEVANT TOPICS  
OPPORTUNITIES TO SHARE EXPERIENCES  
WITH OTHER PARENTS & CARERS  
ACCESS TO SUPPORT

JOIN US - GROUP MEETINGS ARE  
DELIVERED VIA A MIXTURE OF  
FACE TO FACE OR ONLINE VIA ZOOM

12TH DEC, 7-8:30PM - IN PERSON, CHRIST CHURCH, HA2 0JN  
30TH JAN, 7-8PM - SUPPORTING POSITIVE BEHAVIOUR (ZOOM)  
27TH FEB, 7-8:30PM - AN EVENING WITH CARLA FROM  
ADHD/AUTISM SUPPORT, CHRIST CHURCH, HA2 0JN

For further information or to confirm your attendance please email  
[breathe.parentsupport@hopeharrow.org.uk](mailto:breathe.parentsupport@hopeharrow.org.uk)

