



# THE CLIMB

## PARENTS/CARERS SUPPORT GROUP



For parents/carers who are supporting a child or young person with any kind of emotional or mental health problem to include:

**ANXIETY  
LOW MOOD  
SELF HARM**

**SLEEP PROBLEMS  
SUICIDAL THOUGHTS  
EMOTIONAL DIFFICULTIES**



We will be holding monthly meetings for parents/carers to come together to share their experiences, as well as gaining information and support.

The aim of this group is help you feel that you are not alone in this climb to get the help and support your child needs.



Come along and meet parents/carers in similar situations. There will be a fantastic selection of:

### Meeting Dates

THURSDAY 9:45AM – 12PM

|           |          |
|-----------|----------|
| 5th Jan   | 4th May  |
| 2nd Feb   | 8th June |
| 2nd March | 6th July |

**Practical tips to help you & your child**

**Guest speakers**

**Chance to talk**

**Lots of tea, coffee & biscuits!**



For more information contact Compass on



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All the meetings will be held at:

