



'Time to Chat'

A parent led, professionally supported,
Peer Support Group for parents and carers
of children and adolescents
with a focus on mental health.

A safe space to share experiences, gain
advice and problem solve together.

Our meetings are held on:

**THE FIRST WEDNESDAY EVERY MONTH AT
5PM at**

Thornton Family Wellbeing Centre
Stannyfield Drive, Thornton, L23 1TY

Contact: time.to.chatPCPS@gmail.com

to register interest or ask any questions

