

Darlington Parent Forum - Peer Support

Wellbeing Wednesdays



WELLBEING WEDNESDAYS

Every other Wednesday starting from the 17th November we will be running WELLBEING WEDNESDAYS.

Being a parent carer can be challenging and often can have an impact upon our own wellbeing and resilience. Looking after yourself is as important as meeting the needs of your child/children.

Every other Wednesday we will be running these peer support sessions, pop in and see a friendly face, have a chat and look through some of the resources we have put together. We will also be able to look at different speakers upon feedback. These are your mornings so tell us what it is you need!

Refreshments will be provided, pop in to see what we can offer or just be greeted with a friendly face!



DARLINGTON ARENA

Neasham Road
Darlington
DL2 1DL

EVERY OTHER WEDNESDAY

Next Dates
12th January 2022
26th January 2022

10AM - 12 NOON

Come and see us!!