



## Parent/Carer Peer Support Forum

Are you a parent or carer of a child or young person aged 8 - 18yrs old, living in Macclesfield, Poynton, Wilmslow or Knutsford who is looking for some support when it feels like no-one else gets it?

Being a parent can be the best job ever, it can also be the hardest.

You don't have to feel on your own; "Just Support" is a monthly group run by Clare and Michelle, our Parent Carer Peer Support Workers with lived experience of challenging times, who can offer a listening ear in a safe and non-judgmental space to share your questions, concerns and experiences, or help you navigate mental health services for children and young people.





## **Parent/Carer Peer Support Forum**

For parents and carers of young people aged 8-18 living in Macclesfield who want support.

**Wednesday 21st February 2024**

**6:30pm-8pm at Just Drop-In.**

For all enquiries or to book a place, email:  
[parenting@justdropin.co.uk](mailto:parenting@justdropin.co.uk)

