**Parent Peer Support Group**

Anthony Seddon, Tameside Parenting and Action Together have joined together to facilitate a support group for parents of children under 18 experiencing mental health difficulties or living with a mental health condition.

It is an informal place where parents can share their experiences and discuss how they feel with like-minded people, alongside the support of our teams.

Parents said …………..

* Buzzing - because I passed on some information that helped a person understand the behaviour of her son, nice to feel I made a difference with something I knew
* How nice it was to be with like-minded people, not feel judged
* Don’t have to explain yourself, everyone understands each other

**December 2021 & January 2022 dates**

|  |  |
| --- | --- |
| **Morning Group**  9th December 2021  **Time:** 10.00 am – 11.30 am  13th January 2022  **Time:** 10.00 am – 11.30 am  Will take place 2nd Thursday of every month | **Evening Group**  No December group  25th January 2022  **Time:** 17.30 pm – 19.00 pm  Will take place 4th Tuesday of every month |

**Where:** The Anthony Seddon Centre

12 George Street

Ashton-Under-Lyne

OL6 6AQ

**Further information** If parents, carers, or a worker would like more information please contact: Sue Brookes, [sue.brookes@actiontogether.org.uk](mailto:sue.brookes@actiontogether.org.uk) or 07402382923