



TAKE SOME TIME FOR YOU!

For parents/carers of SEND children or young people



The Healthy Parent Carer programme is **FREE** for parents and carers who live in Blackburn with Darwen, and have children/young people with Special Educational Needs/Disabilities. It is delivered by parent carers, for parent carers, and is designed to be a fun way to improve parent carers well being.

The programme consists of 2 all day "in person" sessions at a venue in Blackburn town centre, and 4 evening sessions on Zoom
Dates are as follows:

Friday 20th September, 10.30am- 2.30pm in person

The following dates are all 7pm-9pm on Zoom:
Thursday 26th September, Thursday 3rd October,
Thursday 10th October and Thursday 17th October

Thursday 31st October 10.30am - 2.30pm in person



Quotes from parent carers who
have completed the course

- ✓ "It really helped me to view my wellbeing in terms of the CLANGERS. It breaks it down into smaller manageable sections; which makes it less overwhelming
- ✓ "It helps to understand that you are not on your own"
- ✓ "Helped me to rebuild my motivation and self belief developing healthy habits"

Places are limited so...

Book Now!

To book, or for any enquiries,
email
healthyparentcarers@gmail.com
or ring/text 07923252483

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