



**1st & 3rd Thursday's
of each month**

9.15am-10.45am

(Term time, babies up
to 3 months welcome
in the group with their
parents)



18+

Parent/Carer Well-being Group

Catalyst Support & Woking Family Centre

Being a parent/carers can bring a range of emotions and challenges that can impact our mental health. Catalyst Support & Barnardo's, are running themed support sessions. Come along for a friendly chat to help build your support network, resilience and re-focus on your own mental health and well-being.

- Scan the QR code, call or email •
to register



Call: 01276 409 415



Text: 07919 541 424



groups.cc@catalystsupport.org.uk



catalystsupport.org.uk

