

Online group

1st & 3rd Thursday of the month

9.30am-10.30am

**Term time only*



Parent Wellbeing Group

Are you a parent looking for a supportive space to talk openly about family life?

Our Parent Wellbeing Group offers a warm, welcoming, and non-judgemental environment for parents of children of all ages. This is a safe space to share experiences, challenges, and successes - and to connect with others.


Whether you'd like to talk, listen, or simply feel less alone, you are very welcome.

What to expect:

- Friendly and supportive discussions
- A confidential and respectful environment
- Opportunities to share and learn from others
- No pressure to speak—just come as you are

 catalystsupport.org.uk/activity-timetable/

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