

Mental Health Support Team

# PARENT SUPPORT GROUP

**'Low Mood and Sadness'**

Join us for a virtual parent support group!  
The group is facilitated by members of the Mental Health Support Team, this is a safe space for parents to get together, receive information, share experiences and ideas and a chance to build positive relationships and offer peer support.



**2nd Tuesday of every  
month**

**🕒 9th March  
11:00am OR 19:00pm**

Please email below to book a place  
[sch-tr.mhstnorthstaffsmoorlands@nhs.net](mailto:sch-tr.mhstnorthstaffsmoorlands@nhs.net)