



Parents and carers:

Do you ever feel...

Overwhelmed or isolated ?

Like you're the only one struggling?

Worried about screen time,
behaviour, mental health?

Come along to the Parent/Carer

Peer Support Group

Join other parents/carers in a similar situation for a free
cuppa, sandwich and a listening ear

Get tips and advice

Thursdays 6-7.30pm

Maryhill Health Centre

41 Shawpark Street

Glasgow G20 9DR

starts 3rd November 2022



Contact Ayisha for more information: 07816 225 889

What parents told us...

Parents need as much support as children and young people.

Staff are non-judgmental and a great shoulder to cry on.

This approach was different from other organisations I had been involved with.

I would like to attend groups where I can talk about my issues. A group which is attended by other parents where experiences can be shared would be beneficial.

I feel like someone is fighting for my child the way I have been fighting for my child all these years.