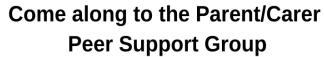


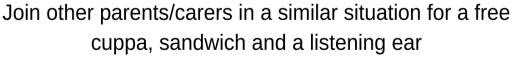
Glasgow City

## Parents and carers:

Do you ever feel...

Overwhelmed or isolated? Like you're the only one struggling? Worried about screen time, behaviour, mental health?





Get tips and advice Thursdays 6-7.30pm Maryhill Health Centre 41 Shawpark Street Glasgow G20 9DR









Contact Ayisha for more information: 07816 225 889





## What parents told us...

Parents need as much support as children and young people.

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

Staff are nonjudgmental and a great shoulder to cry on.

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.