

Healthy Parent Carer Programme

Do you have a child or children with special needs and live in the London Borough of Enfield? (or your child with special needs attends school/nursery or college here)

Do you need help for YOU to be healthier and happier in caring for your family? Learn how to take small steps to focus on your needs to improve your health and wellbeing and take greater control of how you deal with things.



Want to meet other parent carers? Share your experiences and advice! This course is about you, not parenting or how to get support for your child.

This is a free 6-week course running each Tuesday from 7th Jan 2025 to 11th Feb 2025, 10 am to 1 pm at the Ponders End Family Hub, 129 South Street, EN3 4PX. Participants must attend all six sessions.

Please register by Monday 2nd December.

See <https://www.ourvoiceenfield.org.uk/news/show/299> for more information or contact 07516 662315 or Email ourvoice.hpc@outlook.com or scan the QR code above.

This course is run by trained facilitators from the Our Voice Parent Carer Forum. Our Voice is a parent-led organisation that supports families with children aged 0-25 with Special Educational Needs or Disabilities, living in the London Borough of Enfield.