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| IMG_256 Are you a parent caring for an under 4 year old? Are you experiencing stress, anxiety, low mood and feeling isolated? **Would you like to learn about some self-management techniques and connect with other parents?** | ParentsWellbeingHOPECourse  8 week FREE virtual course22nd June 202110.30am - 12pmcontact Briony from KIngscare [b.enright@nhs.net](mailto:b.enright@nhs.net) 07554993842or Elaine [elaine@teigncvs.org.uk](mailto:elaine@teigncvs.org.uk) 07557334597for information or to register |