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| IMG_256Are 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 course  22nd June 202110.30am - 12pmcontact Briony from KIngscare b.enright@nhs.net 07554993842or Elaine elaine@teigncvs.org.uk 07557334597 for information or to register |