



Lancashire Positive Minds Parent/Carer Support Group at Ribbleton Family Hub!

Supporting a child, whatever age, with Neurodiverse and Mental Health difficulties and needs can be really challenging, isolating, emotionally, physically and mentally exhausting.

You are not alone!

Join our parent-led support group at Ribbleton Family Hub and connect with other parents and carers in similar situations, and receive peer support in a confidential, safe environment. Get advice from peers and our professional support, guidance, practical tips, and enjoy listening to guest speakers, all while having a cup of tea or coffee.

Difficulties may include Anxiety, Obsessions and Compulsions, Depression, Self Harm, Eating Disorders, Psychosis, Suicidal Thoughts, Autism. Low Mood, Attention Deficit Hyperactivity Disorder (ADHD), Borderline Personality Disorders, Self Esteem and confidence issues and many more.

**We meet at Ribbleton Family Hub, Ribbleton Hall Drive, Preston,
PR2 6EE**

on the Third Monday of the month from 6.30 – 8.30pm

Contact the below number or email for further details.

Email: Lancashirepositiveminds@gmail.com

Telephone– 07824 042908/07713 337182

Instagram:Lancashire_Positive_Minds

Twitter:Lancashirepositiveminds@lancashireminds

www.Lancashirepositiveminds.co.uk

Facebook Closed Group: Lancashire Positive Minds

**All Facebook requestors will receive a message in messenger prior to approval, please check your spam messages.*