

# Parent Support Group

Parenting can be very rewarding, but it can also be very challenging at times. It can make you feel overwhelmed, confused and isolated.

**Hook and Chessington Library** is running a **FREE** 5 week Support group for parents like you.

**Starting 12th January 9.45am-10.45am**



***There are many benefits to joining in with the group.***

- ♦ A great way to meet other parents for emotional and practical support.
- ♦ Learn practical skills from a **specialised Stress Advisor**. Reduce the feelings of overwhelm and stress.
- ♦ Get support with the challenges you have and offer support to others.
- ♦ Make friends with other parents within your community.
- ♦ Know you are not alone in how you are feeling.
- ♦ Toys and activities for your children to amuse themselves.

A maximum of 8 people. Priority given to people who have booked their place.

**Save your place today at Hook library desk**

**or phone 0208 547 6484**