

Lancashire Positive Minds Parent/Carer Support Group



Anxiety / Obsessions and Compulsions / Depression /Self Harm
Eating Disorders / Psychosis / Suicidal Thoughts / Autism
Low Mood / Attention Deficit Hyperactivity Disorder/
Borderline Personality Disorders / Self Esteem and confidence issues
and more.

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!

Come along to the group, meet with other likeminded Parents/Carers in similar situations and get both peer and professional support in a confidential, safe environment. The Group is very much parent led but professionally supported who can provide support, advice, guidance, practical tips and strategies, topic discussions and guest speakers all whilst you can have some time for you and have a cup of tea/coffee!

Leyland Group meet - First Monday of the month from 6.30 –8.30pm

Preston Group Meet - Second Thursday of the month from 6.30-
8.30pm

Contact Susie for further details.

Email: Lancashirepositiveminds@gmail.com

Parent Founder: Susie – 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