



## Parents/Carers Emotional Wellbeing Support

NESSie is a not for profit organisation that aims to improve the mental health of children and young people by supporting parents, professionals, children and young people



North Hertfordshire

**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*

## A parent/carer forum for a 'cuppa' and a chat

An opportunity to meet virtually with other parents/carers of primary aged children and a chance to share lockdown experiences, worries and stresses together. Talk about your children, or yourself, and get support from each other to help you through this lockdown!



Join Rachel and Viv for a 'cuppa' and chat. Rachel is an arts psychotherapist and counsellor for young people, and Viv, who has worked in education for over 30 years and is a schools' mental health lead.

### DATE & VENUE

**Date:** Wednesday 17<sup>th</sup> March

**Time:** 2:00 – 3:00pm

**Venue:** Online [A link will be sent out via email on the morning of the forum]

**Cost:** NO COST for any parent/carer in Herts

To book a place please click [HERE](#)

Or visit: [nessieined.com/events](https://nessieined.com/events)

**Recognition, Effective Management and Early Intervention**  
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