



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

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Recognition, Effective Management and Early Intervention
NESSie IN ED CIC. Company registered in England & Wales number: 11719406
nessieined.com

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

An opportunity to meet virtually with other parents/carers of secondary 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: Monday, 1 March 2021

Time: 1:00 – 2:00pm

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