



**Parents
Wellbeing
HOPE
Course**

Are you a parent caring for an under 4 year old? Are you experiencing stress, anxiety, low mood and feeling isolated?

Would you like to learn about some self-management techniques and connect with other parents?

**8 week FREE
virtual course**

22nd June 2021

10.30am - 12pm

contact Briony from

KIngsCare

b.enright@nhs.net

07554993842

or Elaine

elaine@teigncvs.org.uk

uk 07557334597

**for information or to
register**