



**For families supporting a child or young person (up to 25 years)
with emotional or mental health difficulties.**

18th January	6:30-8pm	United Voice meeting
19th January	5-6.30pm	Helping to develop mental health services for 16-25 years
20th January	6pm	Rollercoaster Parent Support Group Facebook Live
3rd February	10am	Rollercoaster Parent Support Group Zoom
4th February	6pm-8pm	Emily's Gifts Steering Group
5th February	1-2pm	Mental Health Virtual Drop in
10th February	11am	Parent Support Technique of the week
11th February	6-8pm	Out of the Box Steering Group
17th February	6pm	Rollercoaster Parent Support Group Facebook Live
24th February	11am	Parent Support Technique of the week
3rd March	10am	Rollercoaster Parent Support Group Zoom
5th March	1-2pm	Mental Health Virtual Drop in
10th March	11am	Parent Support Technique of the week
15th March	6.30-8pm	United Voice Meeting
17th March	6pm	Rollercoaster Parent Support Group Facebook Live
24th March	11am	Parent Support Technique of the week
25th March	6.30-8pm	Feel Good Parents Course
31st March	11am	Parent Support Technique of the week
1st April	6.30-8pm	Feel Good Parents Course
2nd April	1-2pm	Mental Health Virtual Drop in
7th April	10am	Rollercoaster Parent Support Group Zoom
8th April	6.30-8pm	Feel Good Parents Course
14th April	11am	Parent Support Technique of the week
15th April	6.30-8pm	Feel Good Parents Course
21st April	6pm	Rollercoaster Parent Support Group Facebook Live
28th April	11am	Parent Support Technique of the week

For more information or to book a session get in touch using one of the contacts below:



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