



## 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.



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 21 April 2021

**Time:** 1:30pm – 2:30pm

**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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