



**Mind in West Essex would like to invite you to be a part of our community project
'Parent-to-Parent'.**

Parenting can be extremely rewarding but can also have its challenges. At times these challenges can be magnified and our skills as a parent tested. Feeling lonely and isolated as a parent is not uncommon. Our service aims to help any parent feel more supported and more able to deal with the challenges of parenting.

What We Offer

- 1-2-1 telephone/face to face Parent Buddies.
- Parent-to-Parent private online Community support Group
- Parent Pod weekly Zoom video calls to chat and share experiences this is a group of 3-4 parents and 1 parent – to parent support host.
- Focus groups focusing on specific subjects for example, home schooling, challenging behaviour, internet safety.
- Access to our early years parenting course and supporting teenager's emotional wellbeing course.

Parent-to-Parent is there to help with emotional support, friendship, advice and a safe place to chat about the challenges and loneliness that can, at times, come with parenting.

Please contact us on parents@mindinwestessex.org.uk for any more information.

Interested in helping?

If you are looking to support your local community we are looking to recruit volunteers to help us with providing parent -to -parent support.

You will need to provide 2 x personal references, complete a short, online training course and we will apply for a DBS check for you.

If you would like to join our team or require further information, contact us on volunteering@mindinwestessex.org.uk.

Sophie Wilson

MiWE Parent to Parent facilitator

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