

Sunflower Support Group

**Tuesday 9th July 2019 @ the Community Room,
Moulsecomb Primary School BN2 4PA
From 9.30 - 11.30am**

.....

‘Stress, what it is and how to notice it’

An interactive and informal workshop on Stress and how we notice its affects on our physical and emotional wellbeing. Sophie Thompson, Wellbeing Caseworker from BHT Mental Health and Wellbeing Service, will facilitate the workshop and introduce some techniques and tips to take notice and manage the impact of stress.

.....

Open to all parents & carers of children with additional and support needs. If you have friends who have children with additional needs, they are welcome too. Meet other parents for a cuppa, some chat and a very supportive group!

The group is supported by Amaze. To find out more you can email sunflowercarers@gmail.com or Paolo@paccbrighton.org.uk or alternatively call 07484 051753 or 01273 234862

