



MURMURATION PARENT CARER NURTURE GROUPS

8 sessions building emotional wellbeing and friendship amongst SEND parents through group sharing, journalling and therapeutic activities

Tuesdays 10-11.30am at the
Limes Children's centre starting 10th Jan

Wednesdays 1-2:30pm at Oldbury Court
Children's Centre starting 25th Jan

Tuesdays 8-9:30pm in Easton Community
Centre starting 24th Jan

'Poppy and Naomi are amazing.
I love them! We all laughed
and cried our way through the
sessions and learned a lot.'

'I feel much more able to
cope with thoughts and
feelings that come up on a
daily basis.'

'I have learned so much,
more than I ever expected,
and I've come away with an
amazing group of friends
who just 'get it'

pour in nurture - build up strength