

Parent to Parent

Supporting parents support each other

We care



> **Parent Pods**

You will be supported in a small group led by a trained volunteer to share, encourage and connect.

> **Buddies**

Our buddies are here to listen and help support you through those ups and downs of parenting.

> **Training**

You will have access to our Supporting Teenagers Emotional Wellbeing and Early Years Parenting courses.

> **Volunteering Opportunities**

Support a parent in your local community. You will receive full training and support to become a 1:1 Buddy or Pod Host.

www.mindinwestessex.org.uk/services/parent-to-parent/



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