



**Dear Parents/Carers**

**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. We understand how being a parent can create loneliness and isolated feelings. These are not uncommon and we want our parents to know they are not alone. Our support is there to help create connections with other parents and volunteers within the West Essex Community. At these challenging times, everything can feel magnified and our skills as a parent tested. Our service aims to help any parent feel more supported and more able to deal with the challenges of parenting.

### **What We Offer**

A parent plan can include any or all of the following:

- 1-2-1 Parent Buddy Support
- Parent Pod Online Support Group
- Parent Pod Face to Face Meet Up
- Access to our free online training courses 'Early Years Parenting' and Supporting Teenage Emotional Wellbeing'
- SEN Support Group
- Focus groups for identified needs, ie behaviour, remote learning, sleep
- Closed Parent-to-Parent Community Facebook Group

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](mailto:parents@mindinwestessex.org.uk) for any more information.

### **Interested in helping?**

If you are feeling a little bit lonely, want to make connections or looking to support your local community please get in touch to join our team of parent volunteers. There is a short training course to help you on your volunteer journey.

If you would like to join our team or require further information, contact us on [volunteering@mindinwestessex.org.uk](mailto:volunteering@mindinwestessex.org.uk).

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