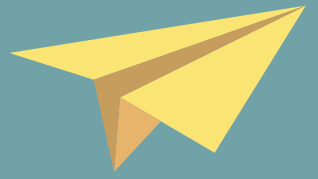


ARE YOU



a parent or carer of a child or young person who is experiencing mental health challenges?

Or are you a person with lived experience looking to train with us to become a mentor to support families experiencing challenging times?

At Calm Connections we provide a safe and non-clinical space for parents or caregivers who support children and young people with mental health challenges in Trafford, Heywood, Middleton and Rochdale.

OUR APPROACH CENTRES AROUND PROVIDING

Hope

Validation

Empowerment

Compassion

We offer a wide range of parent-centred guidance through online and in-person peer support groups (in collaboration with CAMHS), one-to-one support, mentoring and well-being activities



If you would like to learn more or to access support please visit our website for more details

WEBSITE



calmconnectionscic • www.calmconnections.org