

IThrive Parent Peer Support

Breaking Barriers

Bringing together parents/carers of children with SEND to offer support and advice and signpost to useful information.

Location - Tuesdays 5-6:30pm or Thursdays 10-12:30
Breaking Barriers NW café, upper ground floor of Market Place (next to TUI).

Contact - breakbarriers3@gmail.com 07717 434 840



Raise The Youth

One to one guidance and meeting with parent connectors, access to informal support groups to meet others and share experiences. Also available is an 8 week 'Nurturing Parents Mindfulness Programme.'

Contact - parents@raisetheyouth.co.uk



MHIST - Bounce Back

A 6 week course looking at how Positive Psychology can boost family wellbeing.

For parents/carers looking at ways to support their own and their child's mental wellbeing.

Location - MHIST 1st floor,
Moorland house. 116 Bark street.
Bolton, BL1 2AX

Christine.makinson@mhist.co.uk
01204 527200

Sessions are for parents/carers of children experiencing poor mental health and well being.

To refer to Parent Peer Support, go to our website:

bolton-together.org.uk or
contact us at

ithrive@boltontgether.org.uk

Bolton

Together