

## Does your child have a diagnosis? Or are you concerned that your child is developing differently to their peers?

The prospect of disability is a huge thing to be facing as a parent, and yet, with all attention on the child, parents are rarely asked how *they* are faring.

**Nurture Groups are currently forming in East Bristol, especially for parents who feel they are on a different path to others.**

Each group meets child-free for eight weekly sessions, either on Zoom or face-to-face. It is a space to

- *share experiences – being there for each other*
- *explore how to navigate the emotions - psychoeducation*
- *take a break from it all – nurturing activities to de-stress*

**All are welcome**, no matter how old your child is, and the groups are **free of charge**.

If you are interested in joining the next group, please call/text Becky on 07880 465072

**[murmurationcommunitytherapy.weebly.com](http://murmurationcommunitytherapy.weebly.com)**