

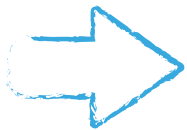
BRIGHTER 
FUTURES TOGETHER

If you're finding it hard to cope with the impact of your child's mental health difficulties, we're here for you.



MY Family is a peer support group run **by** parents and carers **for** parents and carers!

- Come along to our friendly, confidential sessions where we share our experiences and learn from and help each other
- Feel accepted, understood and supported by people facing similar challenges
- Our Parent Facilitator acts as a gentle guide and provides useful resources



SIGN UP NOW!



Or email us at hello@brighterfuturestogether.org.uk

3rd Wednesday of every month starting 18th October
7-9pm



@ Marlow Youth and Community Centre
Wycombe Rd, Marlow, SL7 3JD



For parents/carers of young people who are 11-25 years old and are experiencing mental health difficulties



**PARENTS AND CARERS
HERE FOR EACH OTHER**



FIND AND FOLLOW US ONLINE!