



SINK OR SWIM

FREE Online 6 Week Programme for Parents & Carers

Do you sometimes struggle with parenting? Are some days better than others? Many parents feel exactly the same way!

Sink or Swim explores the realities of parenting, while sharing tips & tools on how to look after your own mental health. Programme welcomes those parenting 0-18 years specifically.

**Open to all areas within the
Southern Health & Social Care Trust**
Tuesday 24th January -
28th February 2023
(6 Weeks)
7.00pm - 9.00pm

To register call us freephone
0808 8010 722

