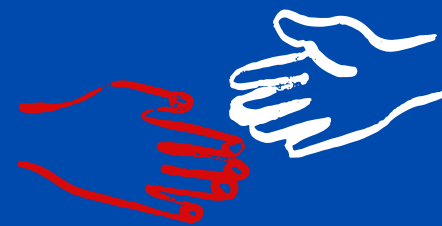


IThrive Parent Peer Support



Alongside our support for children and young people, IThrive offers a Parent Peer support service, for parents of children who are facing mental health challenges. We know how difficult it can be when your child is struggling. This enables you to support your child in the best way possible and recognises that sometimes you need support too. Talking to others who understand and finding out tips and strategies to help can make a big difference.



Breaking Barriers North West bring 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



Families Together offer weekly groups (Wednesday's 10-11am) one to one support and signposting for parents/carers looking to improve their wellbeing and receive support and guidance.

Location - Oxford Grove Family Hub, BL1 3BH.

Contact - familiestogether445@gmail.com / 07514484157 /
familiestogether.org.uk

To refer to Parent Peer Support, go to the link here: [referral form](#) or contact us at ithrive@boltontogogether.org.uk. For resources to support you and your child, click [here](#).

