

Parents Only

LPCF Wellbeing Programme for Parent Carers.

These workshops are free to those on the LPCF membership.
Hosted by LPCF and presented by Nicole from Hummingbird Hypnotherapy.



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Thursday 7.30pm—9pm	Topic	Details
30th Apr	Gentle Mornings (even when life is chaotic)	Simple ways to reduce stress and start the day feeling more steady.
14th May	Stopping the spiral	Learning how to pause and steady overwhelming thoughts.
25th Jun	Being kinder to yourself	Developing self-compassion and reducing harsh self-talk.
9th Jul	Preparing for Holidays (without the overwhelm)	Managing routines, expectations, and change.
17th Sep	Breaking Unhelpful Habits	Gentle ways to change patterns without blame or pressure.
22nd Oct	Social Media and your wellbeing	Using social media in a way that supports your wellbeing.
12th Nov	Letting the Day go	Helping your mind switch off and settle into the evening.
3rd Dec	Christmas as a SEND Parent	Managing expectations and reducing festive overwhelm.
21st Jan	Resetting after an intense season	A gentle space to recover from Christmas, school transitions, and winter exhaustion - helping you regain a sense of steadiness without pressure to “start fresh”.
25th Feb	Protecting your energy	Learning how to spot energy drains and set boundaries that are realistic and sustainable for SEND families.
25th Mar	Giving yourself permission to pause	Exploring rest, boundaries, and letting go of the pressure to always keep going.

Sign up here



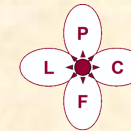
If you are a parent of a child with SEND please join the membership via the website sign up page.

For more details please see overleaf.

Book here



BOOK NOW ►



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LPCF Wellbeing Programme for Parent Carers (on Zoom)

For Parents of children with Disabilities/Additional Needs

These gentle, supportive wellbeing sessions are designed specifically for parent carers. They focus on helping you feel calmer, more in control, and better supported emotionally — using simple, realistic techniques that work in everyday life.

These 90 minute , LPCF sessions are delivered monthly via Zoom by Nicole from Hummingbird Hypnotherapy who is a qualified Solution Focused Hypnotherapist.

These sessions can help you to:

- Feel calmer and less overwhelmed
- Understand how stress affects your brain and emotions
 - Reduce over thinking and emotional exhaustion
 - Protect your wellbeing and energy
- Build confidence and emotional resilience

You are welcome to simply listen — there is no pressure to speak or share.

Come exactly as you are — tired, busy, or overwhelmed. You are very welcome.

Please see the LPCF Events page for full details and booking information.

Book your place via the LPCF Events page:

https://www.lincspcf.org.uk/P_Events.php

BOOK NOW ►

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WELLBEING

Part of the LPCF Wellbeing Programme supporting parent carers across Lincolnshire.

