



“Juggling the Joys” of parenting!

Are you a parent/grandparent/carer, of a child/
adult with special needs
or a disability?

Yes? ...then these **FREE** workshops are a must
for you!

Caring for someone can be difficult at times. Do you wonder if things could be better? Here is a series of stand alone workshops which can make a difference to our daily lives and to our families.

These workshops are a chance for parent carers to meet other parent carers and learn new strategies in a friendly easy to use style.

Our experienced presenter Hil Gibb has worked with children and young people, parents, teachers, and headteachers for over 30 years. Hil is great at helping groups of people to find the best way forward.

The workshops are held monthly & are free for LPCF members.

The workshops are individual but the more you attend the more you will get out of them.

Each workshop consists of a 90-minute interactive session on Zoom.

Zoom links will be sent out as soon as you have booked your place.

Once you have attended the workshops, completed an evaluation and are registered with LPCF or have updated your details you will receive the offer of a

FREE max card (while stocks last.)

Hurry! Book your place now on the events page of the LPCF website.

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

