



Lincolnshire
Parent Carer
Forum



What's coming up at LPCF?

Workshops, coffee events and opportunities for parent carers

Find out what's coming up and how to book your place.

1

Hypnotherapy – Wellbeing: Social Media & Your Wellbeing

Practical support to help you think about social media and look after your wellbeing.

Date: Thursday 22 October 2026

Time: 19:30–21:00

Venue: Online via Zoom

For: Parent carers on the LPCF membership

2

Juggling the Joys of Parenting Workshop 2: Space for Self

A supportive workshop about making space for yourself while caring for your family.

Date: Thursday 5 November 2026

Time: 11:00–12:30

Venue: Online via Zoom

For: Parent carers on the LPCF membership

3

Working with Schools to Support Your Child's Learning

A practical session about working with school to support your child's learning.

Date: Monday 9 November 2026

Time: 19:00–20:00

Venue: Online via Zoom

For: Parent carers & **professionals** on the membership

4

Hypnotherapy – Wellbeing: Letting the Day Go

Gentle techniques to help you wind down and reduce overthinking at the end of the day.

Date: Thursday 12 November 2026

Time: 19:30–21:00

Venue: Online via Zoom

For: Parent carers on the LPCF membership

5

LPCF: What Do We Do?

A friendly introduction to LPCF for parent carers and professionals.

Date: Friday 26 November 2026

Time: 11:30–12:30

Venue: Online via Zoom

For: Parent carers & **professionals** on the LPCF membership

6

Juggling the Joys of Parenting Workshop 3: Communication

A supportive workshop about communication to help you to feel more confident in a range of situations.

Date: Thursday 3rd December 2026

Time: 11:00–12:30

Venue: Online via Zoom

For: Parent carers on the LPCF membership

7

Hypnotherapy – Wellbeing: Xmas as a SEND parent

What to expect: A supportive workshop helping you to feel more confident creating a Christmas that works for your family.

Date: Thursday 3rd December 2026

Time: 19:30–21:00

Venue: Online via Zoom

For: Parent carers on the LPCF membership.

All events are free for LPCF members and must be booked online. Scan for booking

Book online: www.lincspcf.org.uk/P_Events.php

Email: admin@lincspcf.org.uk

Please use the written booking route if you cannot scan the QR code.

