

FAMILIES AND COMMUNITIES TEAM

## PARENT CARER WORKSHOP



### Parental Separation – Looking after yourself and your family

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Carer Workshop** which will explore Parental Separation. This workshop will look at how your children may be feeling and ways to support them. We will look at ways to take care of your own wellbeing and how to work together to support the whole family.

This workshop is available to families in **Cheshire East** and will be held at **Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact [FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk), who will contact you with further details.

**Please state the workshop name and date in your email subject box and provide a contact number.** Places are limited and will be allocated on a first come basis.

#### Parent Carer Workshop

- Wednesday 5<sup>th</sup> July 2023 at 10.30 am – 12.00 pm.

