



## Family peer support drop-in



Every Monday Morning (excluding bank holidays) we hold a Zoom drop-in from 10:00 am-12:00 pm where you can meet other families.

In these sessions a family peer support worker will facilitate a group discussion on a variety of topics. These could include self-care, sensory, anxiety, and working with services.

We also have a range of different practitioners that join us and you can book a 20 mins private appointment with them. If you would like to find out which practitioners are attending, you can visit our Website or our Facebook page. Please visit our Website to find out more about how to attend this Zoom Drop-In.



[www.rpcf.co.uk/our-events](http://www.rpcf.co.uk/our-events)

