



Lincolnshire Parent Carer Forum

LEARNING TO SEE THE LIGHT AFTER LOCKDOWN **VIRTUAL (ZOOM)**

Join LPCF and Nicole from Hummingbird Hypnotherapy for a **free** 90-minute Zoom session to help improve your mental health & wellbeing.

Nicole will be giving us proven techniques to help us make positive changes to our lives.

Relax with like-minded people in a positive atmosphere.



Thursday 15th October 7.30pm

Thursday 29th October 1pm

Thursday 12th November 7.30pm

Thursday 26th November 1pm

Thursday 10th December 7.30pm

Free sessions for LPCF members only (if you are a parent of a child with SEND you can join our membership via our website).

Please email admin@lincspcf.org.uk for an invitation.

BOOK NOW ►

“Time2Talk”

Need a listening ear? Got a little question you want to ask?

Not clear about something or perhaps you just want to share your thoughts with someone with experience of parenting a children with a Disability or additional need?

Join LPCF for these short meet ups for a quick chat to touch base.

No need to book - just be first in the waiting room as places are limited

Monday 9th November 1.30pm

Monday 16th November 1pm

Monday 23rd November 1pm

Monday 7th December 1pm

For Zoom meeting links please see the events page of our website.

Tel: 07925 232 466 Email: admin@lincspcf.org.uk

www.lincspcf.org.uk