



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.



Thursdays @ 7:30pm

22nd April 2021

6th May 2021

20th May 2021

3rd June 2021

17th June 2021

1st July 2021

15th July 2021

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

Email admin@lincspcf.org.uk for your invitation.

“Time2Talk”

We understand that finding the right information and support can be hard, so we are here to listen and help.

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 Special Educational 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

Mondays @ 1:00pm on

26th April 2021

17th May 2021

14th June 2021

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