

# Breathe

## Parent and Carer Support Group

A safe space to talk and share

For parents and carers of young people with mental health and emotional issues.

Join others with similar experiences and seek support and advice.

1ST WEDNESDAY  
OF THE MONTH  
7-9PM

THE SATELLITE CENTRE, WELLINGTON ROAD,  
GREENFIELD, SADDLEWORTH OL3 7AL

For more info join us on Facebook or ring  
Jude on 07759 599134

