

Take control of your health & wellbeing

HOPE Programme for Parents

Are you a parent caring for children over 4 years old? Are you experiencing stress, anxiety, low mood and feeling isolated?

Would you like to learn about some self management techniques and connect with other parents?

HOPE is a self-care, self-management programme which takes place over eight weeks and is free to attend.

The course starts on Tuesday 21st September, 11:00 - 12:30

Each week the course covers topics like:

- managing stress
- smarter goal setting
- gratitude
- character strengths
- physical activity/eating well
- coping with fatigue
- practicing mindfulness
- communication and relationships



Register your interest today!

To register or for more info, please call [01803 210493](tel:01803210493) or email hope.devon@nhs.net

<https://www.torbayandsouthdevon.nhs.uk/services/hope-programme>