

Parents and Carers of children aged 5-26 years old

Are you or a family member affected by:

- Mental health, low mood, suicide or self-harm?
- Neurodiversity (autism, ADHD, etc)?
- School non-attendance, bullying and relationships?
- Screen time?
- Risk taking behaviours?
- Questions about parenting?
- Financial worries?
- or just looking to connect with other parents and carers?

Come along to our free
Family Wellbeing Hub
Information Drop-in
for a cuppa, chat and information

Thursdays 6–7:30pm
Maryhill Health
& Care Centre
51 Gairbraid Avenue
Glasgow G20 8BZ

All parents and carers welcome!



DIFFERabled
Scotland

