



St. Helens Parent Carer Forum

## Building Parent Carer Confidence

- Develop better communication skills
- Feel more confident in decision making for your child
- Prepare for and get the best out of meetings with professionals

### ‘Contact’ Free Parent Information Session

Families caring for a child with additional needs, a long term medical condition, or disability are invited to book a free place for a themed session held by ‘Contact’ in partnership with Listen 4 Change, St Helens Parent Carer Forum.

The session will be welcoming and informative with refreshments so please do come along to meet us.

**Places are limited and booking is essential.**

**Date and Time:** Tuesday 13<sup>th</sup> March 12.30 -14.30pm  
**Venue:** Fishwick House, 18 Cotham Street WA10 1SJ  
(postcode to nearest car park WA10 1HU)

**For further information and to book a place, please contact:**

**Sara Dolan Tel:** 01744 675615

**Email:** [SaraDolan@sthelenscarers.org.uk](mailto:SaraDolan@sthelenscarers.org.uk)

**We look forward to meeting you.**

**contact** *For families with disabled children* **LOTTERY FUNDED**

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

