

Parent Therapy Groups

icandance offers creative, therapeutic support to families with disabled children.

Our **free** parent therapy group sessions offer a reflective, confidential space to share experiences of parenting a disabled child.

The sessions aim to improve wellbeing, explore creative responses to challenges and gain a deeper understanding of your child's needs.

Sessions are facilitated by experienced psychotherapists.

Sessions for parents of primary school aged children are at 10-11:15am on the following dates:

- 3rd October 2023 (in person)
- 7th November 2023 (online)
- 5th December 2023 (online)
- 16th January 2024 (online)
- 20th February 2024 (online)
- 19th March 2024 (in person)

Parents are asked to commit to all sessions.

If interested, please contact Juliet at juliet@icandance.org.uk or 07931 533955.

"It's been a real lifeline in a very unique situation."