

# PATH

CHILDREN & YOUNG PEOPLE

Peer Advice to Transform Health & wellbeing

**Are you a parent/carer living in  
Blackburn with Darwen?**

**Are you struggling to cope or  
understand your child's emotional  
or mental health problems?**

## YOU'RE INVITED!

Join our drop in sessions for:

**Peer support  
Workshops**

**Meet guest speakers**

**Receive direct support**

**Virtual sessions**

Simply scan the QR code or email us at  
[PATH@canw.org.uk](mailto:PATH@canw.org.uk) to register your attendance.



**SCAN ME**



**The aim of this Parent support group is to help parents, families and carers whose children and young people are experiencing emotional or mental health problems.**

**Anxiety**

**Low mood & Depression**

**Self-harm**

**Eating Disorders**

**Sleep Problems**

**Suicidal Thoughts**

**Obsessions/Compulsions**

Our series of parent support groups in the Blackburn with Darwen area will be shaped around your views and comments.

