

Peer Advice to Transform Health & wellbeing

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

We are here to help you understand and respond to your child's emotional and mental health, through peer support, workshops, guest speakers, and direct, virtual and in-person support.



Anxiety

Livsey Family hub
(9:30am - 12 noon)



Join
our drop in
sessions

Low mood & depression

Shadsworth Family hub
(9:30am - 12 noon)



Self-harm

Darwen Family hub
(9:30am - 12 noon)



Eating disorders

Sleep problems

Suicidal thoughts

Obsessions/compulsions

Little Harwood
(9:30am-12 noon)



Call or email
to find out
more

