

# PATH

CHILDREN & YOUNG PEOPLE

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**

**Low mood & depression**

**Self-harm**

**Eating disorders**

**Sleep problems**

**Suicidal thoughts**

**Obsessions/compulsions**

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



**Join  
our drop in  
sessions**

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



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



**Little Harwood**  
(9:30am-12 noon)



**Call or email  
to find out  
more**



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