



# Lincolnshire Parent Carer Forum

## **LEARNING TO SEE THE LIGHT AFTER LOCKDOWN** **VIRTUAL (ZOOM)**

Join LPCF and Nicole from Hummingbird Hypnotherapy for a **free** 90-minute Zoom session to help improve your mental health & wellbeing.

Nicole will be giving us proven techniques to help us make positive changes to our lives.

Relax with like-minded people in a positive atmosphere.



**Thursdays @ 7:30pm**

**22nd April 2021**

**6th May 2021**

**20th May 2021**

**3rd June 2021**

**17th June 2021**

**1st July 2021**

**15th July 2021**

**These Free sessions are for LPCF members only** (if you are a parent of a child with SEND you can join our membership via our website).

Email [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk) for your invitation.

## **“Time2Talk”**

We understand that finding the right information and support can be hard, so we are here to listen and help.

Need a listening ear? Got a little question you want to ask?

Not clear about something or perhaps you just want to share your thoughts with someone with experience of parenting a children with a Disability or Special Educational Need.

Join LPCF for these short meet ups for a quick chat to touch base.

No need to book - just be first in the waiting room as places are limited

**Mondays @ 1:00pm on**

**26th April 2021**

**17th May 2021**

**14th June 2021**

For Zoom meeting links please see the events page of our website.

Tel: 07925 232 466 Email: [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk)

**[www.lincspcf.org.uk](http://www.lincspcf.org.uk)**