

3<sup>rd</sup> February 2021

**Email to Year 11 Parents**

**Family Voice Surrey 16+ Support Group**

Dear Parents and Carers

Please see below from Family Voice Surrey:

**Calling Surrey parents of 16-25 year-olds!**

**You're invited to join a new monthly online FVS 16+ group. Come along to chat with other parent carers of young people with additional needs, exchange tips and advice, and hear from expert speakers. Each month we'll have a different topic - the focus for February is wellbeing.**

**Music therapist Claire Wood will share wellbeing strategies for both parents and young people in this relaxed online session, so if you feel like you need some support, or if you have some strategies to share, we'd love to see you\*:**

**Wellbeing strategies for parents of 16-25 year-olds**

**Monday 22/2/21 6.30 - 8.00pm**

**Online via Zoom**

**Co-hosts: Gretta Schifano & Lucy Young**

**Email [gretta.s@familyvoicesurrey.org](mailto:gretta.s@familyvoicesurrey.org) for joining details**

**\* Free for FVS members (FVS membership is free)**