



**Come along to our Parent Peer Support Group – Everyone Welcome!**

**Friday 5<sup>th</sup> February 2-3.30pm & 6-7.30pm**

Come and have a natter. Nothing formal, just a natter!

Come along and connect with other parents. Have a chat about what's working well and what could be better. Come and share your ideas with others. Don't keep things to yourself, share your ideas of what's working for you and what you would like to change; or just sit and listen to all the rest of us. Maybe others in the group could help that change happen!

Come along and try us out - all you need is a cuppa in front of you, oh and a laptop or mobile phone so that you can connect to Zoom.

All welcome at both sessions!

Friday 5<sup>th</sup> February 2-3.30pm: <https://zoom.us/j/95183514710>

Friday 5<sup>th</sup> February 6-7.30pm: <https://zoom.us/j/94439170420>

If you have problems connecting, please call: 07743 096924 (Jean).

We look forward to seeing you (virtually) on Friday!

Best wishes

*Caroline (Speyside High School) & Jean (Moray Wellbeing Hub)*

If you would like to opt out the Speyside Parent Peer Support Group distribution list, please contact the school ([admin.speysidehigh@moray-edunet.gov.uk](mailto:admin.speysidehigh@moray-edunet.gov.uk) or 01340 871522).