

HEALTHY PARENT CARER PROGRAMME

The healthy parent carer programme is designed to improve parent carers' health and wellbeing by promoting emotional balance through understanding, empowerment, confidence and resilience.



Bedford Borough Parent Carer Forum are leading on the delivery of the programme to parent carers of children who have SEND in Bedford Borough.

Those running the programme are all parent carers themselves.

In the Spring Term we will be running another face to face and online programme. The face-to-face sessions will be every Friday morning for 12 weeks from **Friday 6th January 2023 to 31st March 2023** from **9.30-11.30am** and the Online sessions will be held every Tuesday evening from **Tuesday 3rd January to 28th March 2023** from **7-9pm** (both will have a break for February Half Term).

In order to book you must be a parent carer living in Bedford Borough.

You will need to commit to the full 12 weeks in order to get the full benefit of the course. Please book your place by clicking the links above or email communications@bbpcf.org.uk

