

Parent Therapy Groups

icandance offers creative, therapeutic support to families with disabled children.

Our **free** parent therapy group sessions offer a reflective, confidential space to share experiences of parenting a disabled child.

The sessions aim to improve wellbeing, explore creative responses to challenges and gain a deeper understanding of your child's needs.

Sessions are facilitated by experienced psychotherapists.

Sessions for parents of secondary school aged children will be held on Wednesday evenings from 8-9:15pm on the following dates via zoom:

- 4th October 2023
- 1st November 2023
- 6th December 2023
- 10th January 2024
- 21st February 2024
- 6th March 2024

Parents are asked to commit to all sessions.

If interested, please contact Juliet at juliet@icandance.org.uk or 07931 533955.

"It's been a real lifeline in a very unique situation."