



We provide a safe, non-judgemental, confidential space for parents, carers, children and families, to come together, to talk, share and be supported along their mental health journey.

holdingspace.org.uk

Registered Charity: 1194399

"I highly recommend getting in contact with the team if you, or anyone you know has any concerns, they are so approachable and happy to work with you."

Kirsty

Supported by:



Our services include:



Parent coffee mornings

Informal chatty get togethers to talk, share and support one another



Walk and talk

Regular sessions to exercise and meet other parents and carers



Counselling

Access to low-cost, professional counsellors



Therapeutic intervention

A wide range of services such as yoga and mindfulness



Telephone support

Access to trained volunteers for parents/carers



Information and education

Mental health and wellbeing courses and workshops

Please visit our website for further information:

W: holdingspace.org.uk

E: contact@holdingspace.org.uk

