

# Parent, Carer and Family support

**Professional webinars** - A [series of webinars](#) commissioned by Resilient Rutland and delivered by Dr Pooky Knightsmith to support parents/carers and families.

**Facebook group** - A positive [Facebook community](#) to share friendship, support and resources for mental health and wellbeing in ourselves and our families.

**Resilient moves** - Practical [resources](#) created by Resilient Rutland to follow the Resilience Framework for Children and Young People.

**Virtual coffee mornings** - Come and join us for a coffee and chat over Zoom. Every two weeks at 11:30 am on a Wednesday. Email [lh@rutlandfirst.co.uk](mailto:lh@rutlandfirst.co.uk) for Zoom code.

**Getting help** - [Signposting](#) to further resources & organisations that offer information and assistance.

[www.resilientrutland.co.uk/parents](http://www.resilientrutland.co.uk/parents)



# RESILIENT RUTLAND

