

Time for YOU

A small supportive zoom group for mums
of children with additional needs
in these challenging times



Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child
with additional needs during these times
Re-fuel, play with coaching tools + images and
say what needs to be said
Listen to what YOU need and how this fits into your life now



Are you in
**DEVON or
CORNWALL**

Could this be for you?
Text 07855 529582
jo@mums4achange.org
fb @mums4achange
www.mums4achange.org



**“The group has been a life-line to me during
lock-down.”**

- A small, safe and supportive zoom group for mothers
- We will use words, images & coaching tools
- No need to be ‘creative’ just willing to give it a go
- Your child doesn’t need an official diagnosis

WHEN: Wednesdays 9-11am from 8th July

WEEKLY: 8 weekly zoom meetings

HOW: By zoom - If your child(ren) can be distracted safely while you speak+ listen ‘privately’ you can come.

COST: Free **BOOKING ASAP ESSENTIAL** - ltd spaces
Priority booking if you are on means tested benefits.

INTERESTED: email jo@mums4achange.org or text
07855 529582 - please put your postcode + any benefits you get

RUN BY: Jo Ball - life and career coach, mum of 2, with a background in Arts Therapy. **SUPPORTED BY:** Cass who did the group and loved it so much she wanted to help others do it. Cass is a mum, counsellor and OT.

funded
through

