




Family & Friends of Young Minds

With

 **Mind Herefordshire**

Tuesday 15th October 

10am-11:30am 

Heffernan House, HR4 9HN 

A 6 week group for parents, carers, family & friends who care for a child or young person who is experiencing mental health difficulties or exploring neurodivergence. Meet others who may be facing similar concerns, share your experiences, make new friendships, and find support for yourself.

Topics include:

Autism

Depression

Anxiety

ADHD


OCD

Anxiety

SEN

To book a place or find out more:

 chloe.holder@herefordshire-mind.org.uk

 **07768827846**

*"It made me feel
less alone."*

*"The group has been such a
support to me, meeting other
parents going through similar
and sharing our struggles has
really helped."*