Lincolnshire Parent Carer Forum

PART OF OUR SERIES
LEARNING TO SEE THE LIGHT AFTER LOCKDOWN
VIRTUAL (ZOOM)

A special workshop exploring "How to stay positive"

Join LPCF and Nicole from Hummingbird Hypnotherapy for a **free** workshop on Zoom to help improve your mental health & wellbeing.
Nicole will be giving us proven techniques to help

Thursday 10th June
12.30-2.30pm

Join us to make positive changes to our lives.
Relax with like-minded people in a positive atmosphere.

This FREE workshop is for LPCF members only.
(if you are a parent of a child with SEND you can join our membership via our website).
www.lincspcf.org.uk
Email: admin@lincspcf.org.uk for your invitation.

Hummingbird
Hypnotherapy