



**This time of year can be beautiful... and absolutely exhausting.**

**The pressure.**

**The decisions.**

**The invisible load that nobody sees but you carry every single day.**

**Especially when you are parenting a child with additional needs.**

It is so easy to put yourself last.

To survive on the smallest crumbs of rest.

To feel like you must hold everything together - even when you are falling apart.

But here's the truth:

**You matter just as much as your child.**

**Your wellbeing is not optional.**

**And you do not have to feel this alone.**

That is why we are teaming up with Bridge the Gap for a brand new and deeply nurturing webinar all about Parental Wellbeing.

A safe, supportive space to:

- Learn how stress and overwhelm impact your mind and body
- Gain practical tools to protect your own wellbeing
- Understand how to care for yourself while caring for others
- Feel seen, validated and genuinely understood

This is your invitation to refill your cup - not someday, but now.



**Tuesday, 20 January 2026 20:00**

**Parental Mental Health and Well Being**

**Register**