



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](#)