

# Support Group for parents & carers of children and young people facing mental health challenges

are you caring for a child or teen  
who's struggling with Anxiety,  
Depression, ADHD, Autism or other  
mental health issues ?

Join a safe, supportive space where you can connect  
with other parents who understand share experiences  
get practical advice and emotional support hear from  
guest speakers

These sessions run here at the Mathews Practice Belgrave. For more  
information please contact Georgia GPA via reception or by emailing  
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