



## CALLING PARENTS/CARERS. WORRIED ABOUT YOUR CHILD'S MENTAL HEALTH?

Family Find Get Give is an online space to talk about things that challenge and concern you.

It's a place where you can learn from other parents and carers experiences, whilst being supported by a trained therapist.

## BRIGHTON AND HOVE REGISTER NOW!

**Find out more and email us:**  
**E: [family.fgg@ymcadlg.org](mailto:family.fgg@ymcadlg.org)**  
**W: [findgetgive.com/family](http://findgetgive.com/family)**