



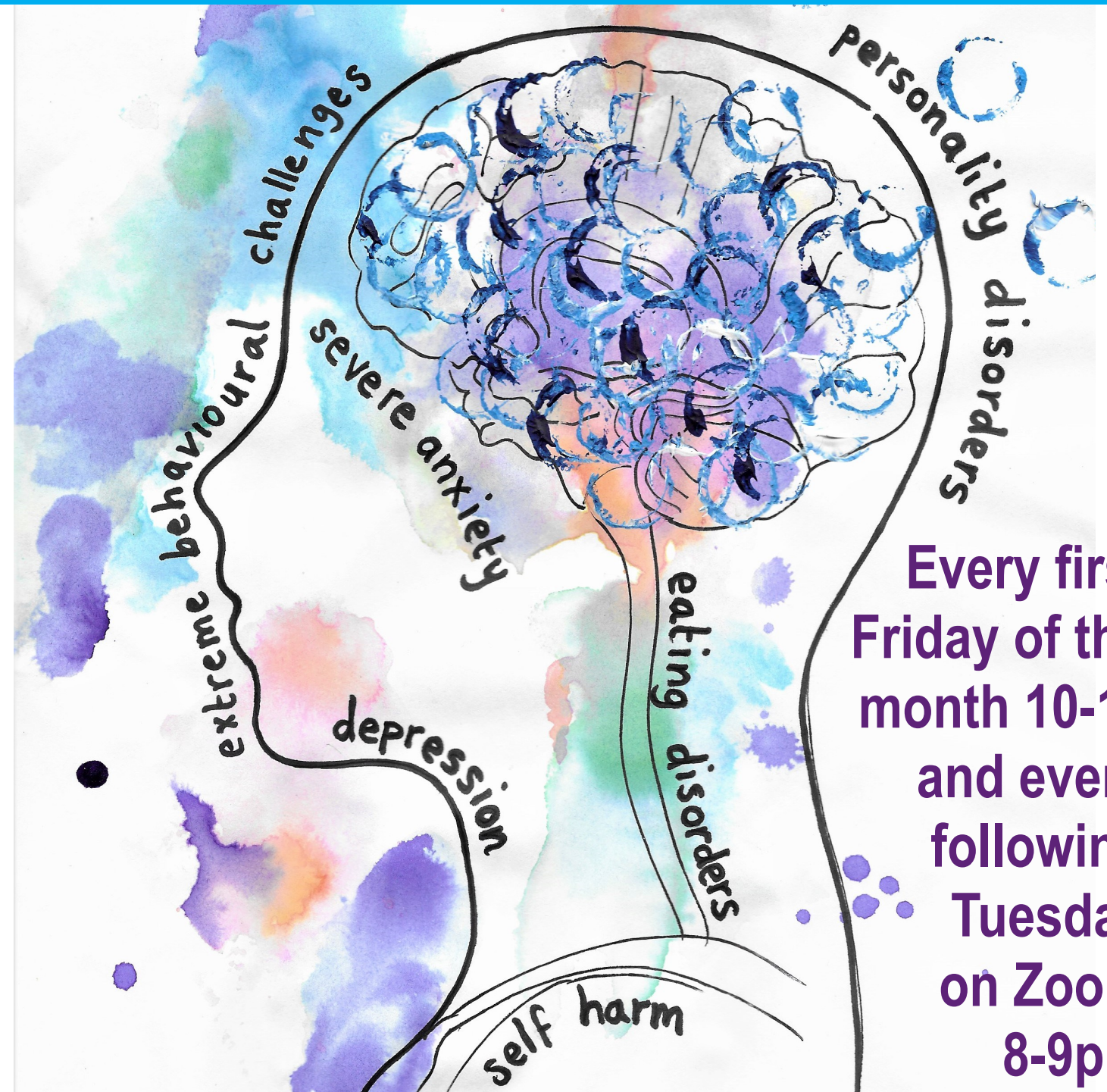
A free self-help group for parents
and carers of young people with
mental health concerns



A free self-help group for parents
and carers of young people with
mental health concerns



Every first
Friday of the
month 10-11
and every
following
Tuesday
on Zoom
8-9pm



Every first
Friday of the
month 10-11
and every
following
Tuesday
on Zoom
8-9pm

Hope for Carers is a service provided by 'The Safe', a charity which is
located at 18 Winchester Street, Basingstoke, RG21 7DY.

For further information and zoom details or details of meeting in person,
please contact: enquiries@the-safe.org.uk 07973 738861

www.the-safe.org.uk

Hope for Carers is a service provided by 'The Safe', a charity which is
located at 18 Winchester Street, Basingstoke, RG21 7DY.

For further information and zoom details or details of meeting in person,
please contact: enquiries@the-safe.org.uk 07973 738861

www.the-safe.org.uk