

SARAH



IT'S TIME FOR FRESH STARTS

50-minute one-to-one sessions developed specifically for care experienced parents, focusing on taking control and making positive, informed choices into the future.

Why come along?

Especially developed to support parents who have lost children through care proceedings



Addresses issues overcoming low self-esteem, anxiety, and low mood



Each session is with a counsellor with professional care experience, specialising in loss and bereavement



Up to four, one-to-one sessions available per person



Sessions also available virtually



Weekday



Morning / Afternoon



Hodge Hill
Ladywood
Northfield



Sign up today
using the QR
code!



www.reesfoundation.org/startforlife

