

# S.H.A.R.E

Support, help and  
reassure each other.



Session 1,  
Wednesday 9th May  
1pm - 2.30pm  
ANXIETY & DEPRESSION

Session 2  
Wednesday 23rd May  
1pm - 2.30pm  
SELF HARM AWARENESS

Session 3  
Wednesday 6th June  
1pm - 2.30pm  
GENDER AWARENESS

S.H.A.R.E ,Community Hub,  
27- 29 HULTON District Centre,  
Little Hulton M28 0BA

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# S.H.A.R.E

Support, help and  
reassure each other.



Does your child suffer from a mental health issue?  
Do you require support as a parent or carer?

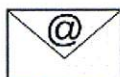
If the answer is yes then we are here to help.  
We are a community based support service in  
Little Hulton offering regular sessions and  
workshops.

Our aim is to help you to support your  
children to flourish with positive mental health.

We accept referrals from agencies but  
also welcome drop-ins.

If you feel we can help please get in touch.

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27-29 Hulton District Centre  
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[share.littlehulton@gmail.com](mailto:share.littlehulton@gmail.com)



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