



**Online Share
& Support
sessions**

Online Share & Support Sessions

At Kidscape we know that supporting a child through a bullying situation can be a stressful and often isolating experience for parents and carers. We recognise the value of talking to other parents who have been through the same situation (sometimes called peer support).

Kidscape's **Online Share & Support Sessions** are FREE one hour peer support sessions delivered in a virtual environment for a small number of parents and carers, facilitated by a member of the Kidscape team. These sessions provide a safe space for parents to chat, connect, share experiences and give one another support. .

Online Share & Support Sessions are ideal for parents and carers who have previously attended one of our ZAP workshops, although this is not compulsory. We will run these on an ongoing basis, therefore you may book on to several sessions if you find them helpful.



Please note that you will be under no pressure to share - if you just want to listen to other parents and carers in a safe, non judgemental space, that's fine too.

To book your place please email parentsupport@kidscape.org.uk