



DO YOU CARE FOR A CHILD WITH A NEURODEVELOPMENTAL NEED?

If you're struggling and need some support, we are here for you.

CONTACT'S FREE LISTENING EAR SERVICE

Emotional support | Advice | Ideas to help you cope

If you live in **Darlington, Middlesbrough or Redcar & Cleveland** and could do with some emotional support, practical advice or strategies to help you cope, get in touch!

Free, confidential help over the phone with a family support adviser.

To book an appointment visit contact-tees.eventbrite.co.uk

Find out more by contacting: south.tees@contact.org.uk

or call our freephone number on **0800 2540 890**

contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).