



The SHARE Project
SELF-HELP & RELAXATION EXERCISES

Helping SEND & EBSA parents beat overwhelm, feel calm & regain your spark!



Are you a stressed, exhausted, parent of a child or young person with SEND and/or EBSA?



Are you running on empty with no time to shout "HELP!", let alone step off the hamster wheel, to recharge?



I GET IT! And That's why I created The SHARE Project...

Quick and Simple strategies to strengthen your coping skills, overcome overwhelm, feel calm & regain your spark in just a few minutes each day!

PARENT FEEDBACK:

"The SHARE project helped me have a more positive outlook day-to-day and the relaxation has helped with my sleep."

"I can honestly say it's the best thing I have done for myself in a long time!"

"I feel stronger, more capable and more confident. These session left me feeling empowered and supported to make simple changes which benefitted everyone in our household."

*** CLICK HERE * for more info and to book your place**

or email: hello@suejoneswellbeing.co.uk

* Daytime and evening workshops available *