You may be feelings lots of different emotions right now, this is okay.

This is a really difficult time.

You may be feeling sad, confused, angry.

You may be really missing your children.

It is important to get help, so things don't get worse.

Find out how we can support you...

Plymouth Parent Advocacy Project
Plymouth Highbury Trust
207 Outland Road
Peverell
Plymouth
PL2 3PF

01752 753 719

www.plymouthhighburytrust.org.uk

Find us on Facebook. Search: Highbury Parent Advocacy Trust

Charity No: 252165-1

Company No: 05554535

LOTTERY FUNDED

Connect with us

Plymouth Parent Advocacy Project

Support for parents with a learning disability whose children are no longer in their care.

Letterbox Support

It may have been decided that you can write letters to your child's adoptive parents once or twice a year.

We can support you to write your letters.

Support at Meetings

We can support you at meetings you will need to go to if your children are in foster care or looked after by a special guardian.

We can help you understand any paper work too.

Support for how you are feeling

You may feel like you want to talk to someone, like a counsellor, about what has happened.

This is your choice.

You may not feel ready yet.

Sometimes it makes things easier to talk through things.

We can support you to go to the right person who can help you.

Livewell Southwest

THE THERAPY SPACE

The Feelings Team
at Mount Gould Hospital

Group Support

You may want to meet some new people.

You may want to meet other parents who have been through the same thing.

It can really help to be listened to by people who understand how you are feeling.

We are on Facebook:
'Highbury Parent Advocacy Trust'