



YMCA EAST SURREY

Face2Face

Parents who understand parents

Support and befriending for parents and carers of children with additional needs

YMCA

- ▶ Are you a parent/carer whose child is undergoing diagnosis or has recently been identified as having additional needs?
- ▶ Have you known about your child's needs for some time and are finding it difficult to cope just now?
- ▶ Would you be interested in being matched with an experienced befriender who can provide you with emotional support and help you navigate your way through this difficult period?

Face2Face can help

Our volunteer befrienders can provide emotional and practical support and are all parents of children with additional needs themselves. They know how important it is to be able to talk to someone who understands what you are going through, to be listened to, and to be reassured that what you are feeling is OK.

All of our volunteers have intensive training, undergo DBS checks and are given ongoing supervision.

Face2Face befriending service is informal, flexible and free. You can contact us directly or be referred via your GP, health visitor, social worker or school.

“

When we met our befriender, it was clear she'd been through something very similar. We suddenly felt: here's someone who understands.

”

Find out more

For more information about Face2Face's befriending service or to make a referral, please get in touch or visit our website.

Sandhya Gulati, Face2Face Coordinator

T 01737 222859

E Sandhya.gulati@ymcaeast Surrey.org.uk

www.ymcaeast Surrey.org.uk/our-services/disability/face2face/

  YMCAEastSurrey

YMCA EAST SURREY

