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Facebook

North Essex Peer to Parent Community Facebook Group

The **North Essex Peer to Parent Community** is a safe, closed Facebook group for parents in Colchester and Tendring, led by trained peer supporters with lived experience.

Our aim is to provide a safe space for parents who are expecting a baby or who have a baby under one year to connect and share experiences. Find out about activities and services, ask questions, and learn together.

Having a baby can be both exciting and overwhelming. You may be feeling lonely or anxious, or just feel like you're not coping well. We're here to support you during this time...

We help parents to:

- Access local support/ groups/ services
- Meet other local parents
- Prepare for and cope with the early days of parenthood
- Feel valued, confident as a parent and listened to.

Join our supportive parenting community today!



**Meet other local
parents**



**Join our themed online
group sessions**



**Share your knowledge
and experiences with
other parents**



Scan QR code to join!

www.facebook.com/groups/northessexp2pcommunity

The Essex Peer to Parent Network is funded by the three Integrated Care Boards covering Essex, Southend, and Thurrock