

# You Are Not Alone

Juggling family life is not always easy, when you have a child with additional needs this can feel quite overwhelming and isolating.

Learning to manage sleep deprivation, challenging behaviour, multiple medical appointments, EHCP process, nursery and school applications.



Together we can support you through your journey, especially someone who has walked in your shoes; offering friendships, information and advice, opportunities to socialise, emotional and moral support, a listening ear and a regular meeting place in a non-judgemental space.

**Come and join us whether it's with or without your child on Wednesday's 9.30-11.00am at Selhurst Children's Centre**



CROSFIELD  
nursery school



Selhurst Nursery School  
And Children's Centre



CROSFIELD  
children's centres

Federation of Crosfield and Selhurst Nursery Schools and  
Children's Centres