

Meet Sherrie



Sherrie Waby

I provide a completely non-judgemental, confidential service specialising in personal trauma, depression, abuse, anxiety, addiction, bereavement, and self-destructive behaviours.

The parent nurture groups are an opportunity to meet other people who may be facing similar challenges and will focus on the emotional well-being of both parents and children and give the chance to share coping techniques.

Come and say hello and sign up at my open afternoon:

Monday 4th November 2-3pm

Our first parent nurture group will start the following Monday:

Monday 11th November 2-3pm for 6 weeks

(arrive at 1:45 for a 2 o'clock start)

The Hansard Hive, Silver Street, Wragby, LN8 5DA

Our parent nurture groups could look at the following areas:

Let's become confident parents

- Ways to manage
- Ways to help each other
- Ways to keep motivated

Self-Harm

- Compulsive eating
- Bulimia/anorexia
- Cutting, hair-pulling

Addiction

- Gaming
- Cleaning
- OCD
- Drugs/alcohol
- Gambling
- Food
- On-line shopping
- Hoarding

Dealing with our kid's behaviours

- Anger
- Spectrum – ADHD, Asperger's, Autism



60 minutes each time for 6 weeks, £5 per week, tea, coffee, cake and biscuits included.

Please text Sherrie on 07519 321 421

One-to-one counselling sessions also available.