

# contact

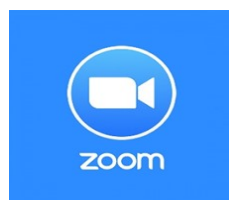
For families  
with disabled children

In Contact  
LEWISHAM



## Parent /Carer Support Group

“Deep Rest”  
Online Session  
via Zoom



*Take some time for yourself and practice Deep Rest in the comfort of your own home – learn techniques that allow slowing down of your mind, regeneration, with stress reducing and benefits to your immune system.*

**It is a relaxation practice, no equipment or fitness level required!**

**When: every Wednesday evening**

**Time: 9.00pm- 9.45pm**

**To book, please email [lewisham.office@contact.org.uk](mailto:lewisham.office@contact.org.uk) to receive the Zoom meeting link.**