



NEED TIME TO RELAX AND UNWIND?

CONTACT LONDON OFFICES "DEEP REST" PARENT CARER SUPPORT GROUP

Reduce stress | Feel better | Pamper yourself!

Take some time for yourself and practice "Deep Rest" – techniques that allow you to slow down your mind, regenerate, reduce stress and benefit your immune system. Sessions are led by Leah Barnett

<https://www.unwindwithleah.com/>.

"9PM ON WEDNESDAY IS RAPIDLY BECOMING A HIGHLIGHT OF MY WEEK"

"I LOVE THESE SESSIONS SO, SO MUCH!"

Join us and learn this relaxation practice, no equipment or fitness level required!

Every Wednesday evening, starting on Wednesday 15th April 2026 at 9pm

Where: online via Zoom

Need time to relax and unwind? Join Contact's "Deep Rest" parent carer support group, Reduce stress | Feel better | Pamper yourself! Take some time for yourself and practice "Deep Rest" – techniques that allow you to slow down your mind, regenerate, reduce stress and benefit your immune system. Join us and learn this relaxation practice, no equipment or fitness level required!

Dates - Starting Wednesday 15th April 2026 and every subsequent Wednesday evening at the same time during term time. **FREE for parents and carers of children with additional needs.**

To book please book via this link below to receive the Zoom meeting link:

<https://forms.office.com/e/irfFUZXQJe>

At Contact we are committed to protecting your privacy. Whenever you share personal data with us we aim to be clear with you, and not to do anything with your data that you wouldn't reasonably expect us to do. We will never sell your personal data to other organisations and will only ever share it in appropriate, legal or exceptional circumstances. Data may be selected for a random audit by the Advice Quality Standard Assessors. We will only send e-newsletter and marketing communications to those that have explicitly stated that they are happy for us to do so via their preferred channel(s) (e.g. email, SMS, phone) or where we have a legitimate interest reason for doing so. These communications include information about Contact's services supporting families with disabled children, and offers and information about how you can become involved, including fundraising, campaigning and volunteering. For further information on how your information is used and your rights with regards to your information, please see <https://contact.org.uk/privacy>