



DO YOU CARE FOR A CHILD WITH NEURODEVELOPMENTAL CONDITION?

Do you live in Darlington, Middlesbrough or Redcar & Cleveland?

CONTACT'S FREE LISTENING EAR SERVICE

Emotional support | Advice | Ideas to help you cope

Free, confidential help over the phone with a family support adviser

To book an appointment visit [contact.org.uk/listening-ear](https://www.contact.org.uk/listening-ear)

FREE VIRTUAL WORKSHOPS & WEBINARS!

Wellbeing for parent carers | Supporting sensory needs
Helping your child sleep | Encouraging positive behaviour

Small group events on a range of topics. Hear from an expert, ask questions, meet other parents and share ideas.

To book our online workshops visit [Eventbrite](https://www.eventbrite.com)

contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

NEURODEVELOPMENTAL FAMILY SUPPORT PROJECT

National charity Contact is working with Tees Valley Clinical Commissioning Group to offer families living in **Darlington, Middlesbrough or Redcar and Cleveland** priority access to their Listening ear service and workshops.

WHO ARE CONTACT?

Contact helps parents of children with disabilities and special educational needs - whoever they are and whatever their child's condition. We can help with your most pressing issues, like benefits and education. We guide families through services, and offer a listening ear during stressful times.

HOW WE HELP

Our website has a wealth of information written especially for parents of children with additional needs such as:

[Benefits and tax credits](#) | [Help with education](#) |
[Health and medical information](#) | [Help with social care](#)

 [contact.org.uk](https://www.contact.org.uk)

- ***Talk to us on our Live Chat service, Facebook or Twitter***
- ***Check you're claiming everything you're entitled to with our benefits calculator and grants finder***
- ***Download our guides and factsheets for parents***

If you need help to book your listening ear appointment, workshop or webinar please call us on 0808 00000 (this number is not manned 24 hours a day but messages will be listened to daily Monday to Friday and someone will get back to you)