

## **‘Mind the Gap’: Parents / Carers Resilience Group**

**An 8-week programme, online via Zoom**

*(Recurring Zoom link will be provided for those that sign up)*

**Date:** Tuesday evenings, 10th October - 5th December 2023 (Break for half term wk of 30th Oct)

**Time:** 8pm -9.15pm (UK Time)

We appreciate that being a parent is not easy at the best of times. Living with CACNA1C can add another layer of complexity, and can raise many complex thoughts and feelings about how best to navigate its practical and emotional impact for you and your family.

This is a **facilitated, interactive Group Programme** just for CACNA1C parents to share challenges, uncertainties, the ‘ups and downs’ of parenting, and to feel less alone in your particular circumstances. These interactive sessions will explore issues such as looking after yourself and your relationships, helping your child (and you!) with hospital appointments and procedures, talking with your child about their condition, supporting siblings, and talking about difference.



**Zubya Azzam** UKCP Accred. (Group Facilitator)

Zubya has been a psychotherapist for over 15 years, and has worked in a variety of settings including the NHS, prisons, refugee camps, and residential therapeutic communities. She was also a volunteer with the Samaritans for over 10 years. She is the Therapeutic Groups Lead for Rareminds, and is particularly passionate about the therapeutic potential of groups for individuals and communities living with rare conditions.

**The group will have a maximum of 10 participants. It offers a safe, confidential and supportive space to:**

- Share experiences with other parents about the impact of CACNA1C on your family life, and other relationships
- Look after your own wellbeing, as well as that of your family/child
- Discuss situations that can be challenging or difficult
- Consider new ways of approaching your experience, or particular situations

*Nb new members can join by Week 2, but not after that, the group members will always be the same.*

**If you would like to find out more, or to book your place, please contact:  
[zubya@rareminds.org](mailto:zubya@rareminds.org)**