

“Heart to Heart”

A group for parents/carers of children with heart conditions

Every Friday
11:00am until 12:00noon

in the relatives room, relatives corridor of ward 1D (near the entrance to 1E)

Come along to the group to share your story, learn helpful coping strategies for anxiety or low mood, or just listen to the experiences of other parents.

Realise you're not alone

Ways to help my other children with worry

Who is it for?

The group is open to all parents and carers of children with a heart condition on Ward 1D, 1E or the Neonatal Unit.

The group is run by the Cardiac Clinical Psychologist, Dr Susan Cassidy and a Cardiac Liaison Nurse.

We look forward to seeing you there!

How to talk to my child about his condition

New ways of coping