



## Support for Parent/carers over the Holidays

For parents and carers, the long summer holiday can mean lots of opportunities to spend time together as a family. It can also be an extremely challenging time. Finances and relationships can often be strained over the holiday period.

The Early Help page on our website has lots of information about where you can find support.

[Frimley Church of England School - Early Help Offer- Support for Parents](#)

Another useful link for support

[Community Connector newsletter – helping families find support - Surrey County Council \(surreycc.gov.uk\)](#)

Action for Children have parenting coaches that you can contact via an online chat for support:

[1:1 chat - Parent Talk \(actionforchildren.org.uk\)](#)

