



## Are you returning to work after maternity/paternity leave?

The support group for parents will help you ease back into the workplace with helpful information, reassuring support, and a new network of friends.

- > Email us at [AirParentSupportNetwork@mod.gov.uk](mailto:AirParentSupportNetwork@mod.gov.uk)
- > Join our [Defence Connect Page](#)
- > Join our [Facebook Page](#)