



PARENT & CARER COFFEE MORNINGS

Y CENTRE, ST PAULS ROAD, ST LEONARDS, TN37 6RS

A safe, non-judgmental, confidential space for parents and carers, whose children are struggling with their mental health to come together; to be supported, to connect, chat and share.

9.30AM - 11.30AM

5TH NOVEMBER 2021 | 3RD DECEMBER 2021 |
7TH JANUARY 2022 | 4TH FEBRUARY 2022 |
4TH MARCH 2022 | 1ST APRIL 2022

NO NEED TO BOOK JUST POP ALONG!

WITH EAST SUSSEX PARENT CARER FORUM
With support from Pears Foundation



www.holdingspace.org.uk