

Parent Carer Peer Support

Join us for a Cuppa & Chat

Reduce anxiety, boost mood, feel connected

Monday 15th June 2026 - Drop in 10.00am-11.45am

Rossington Family Hub, Grantham Street, Rossington, DN11 0TA



This group is for

- Taking some time for yourself
- Holding space for each other as a community
- Creating a sense of belonging and acceptance
- Sharing lived experiences as a parent carer
- Offering support, guidance & signposting

This is a FREE of charge group open to:

Parent Carers supporting a child with their mental, physical or emotional health or neurodiversity



People Focused Group
the home of peer support

Charlie
Waller