**Parent Peer to Peer Group**

For parents/carers of children with additional needs, experiencing poor mental health and facing daily challenges.

This is an opportunity to meet others, share tips/advice and have time to talk in a friendly atmosphere.

There’s no sign up required, just pop along and enjoy the free refreshments.

**Where: Alice Cross Centre, Teignmouth**

**When: Thursdays from 10.30am to 12pm, term time only**



