



Rollercoaster parent support group in County Durham and Darlington

If you care for a child or young person (0-25yrs) with emotional or mental health difficulties, join our parent led support groups.

Professionally supported by our friendly mental health staff, the groups listen, support and offer advice and guidance based on lived experiences. The help and understanding from everyone can feel like magic.

Grab a cuppa and join our groups that are specially themed to help and bring a smile! There's no need to book.



Locations and dates:

**Acley Centre, Carers Way,
Newton Aycliffe, DL5 4PE**

6pm - 8pm

17 January	17 July
21 February	21 August
20 March	18 September
17 April	16 October
15 May	20 November
19 June	18 December

**Lanchester Road Hospital,
Durham, DH1 5RD**

10am - 12noon

3 January (North End House)	3 July
7 February	7 August
6 March	4 September
3 April	2 October
1 May	6 November
5 June	4 December