

Parenting Support Service - online groups 2025; every other Wednesday evening



Peer support groups
7:30-9.00pm

- **Weds 2nd April**
- **Weds 30th April**
- **Weds 28th May**
- **Weds 25th June**
- **Weds 23rd July**

Expert by Experience presentations
7:30-9:30pm

- **Weds 16th April - Supporting children/young people with anxiety**
- **Weds 14th May - Supporting children/young people who self harm**
- **Weds 11th June - Exploring attachment**
- **Weds 9th July - Supporting children/young people with Autism and ADHD**

To access the online peer support groups you need to have signed up to our service already. You can do this by calling our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email; helppoint@westsussexmind.org

We are a friendly group & up to you how much you share. Always a chance to ask our experts questions too.

To book onto any of our expert by experience presentations please visit our training page on; www.westsussexmind.org