

Parenting Peer Support Drop-ins Spring/Summer Timetable



If you are a parent or carer to a child or young person who needs some support with their mental health, you may not know where to start and may need some support of your own.

We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support drop-ins across the county, where you can meet our Parenting Team and other parents who can provide some much needed empathy and understanding.

Online parenting support drop-ins:

Zoom
10:00-11:00

- Tuesday 6th May
- Tuesday 17th June
- Tuesday 29th July
- Tuesday 26th August
- Tuesday 30th Sep

Zoom link: <https://westsussexmind-org.zoom.us/j/86924376726?pwd=HQBiKjoY8NQbmEPD8YtpbytTXp4XOy.1>

Please feel free to drop-in where we can chat and get you registered with the service.

Or to register yourself, please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652

or email helppoint@westsussexmind.org

Or for more information, please contact parentingsupport@westsussexmind.org

Come and join us in:

Worthing

The Gateway, 8-10 Durrington Lane, BN13 2QG
13:00 - 14:00

- Tuesday 18th March
- Tuesday 29th April
- Thursday 29th May
- Tuesday 15th July
- Tuesday 2nd September
- Tuesday 14th October
- Tuesday 25th November

Littlehampton

23 Maltravers Drive, BN17 5EY
13:30-14:30

- Wednesday 23rd April
- Wednesday 4th June
- Wednesday 16th July
- Wednesday 27th August
- Wednesday 8th October

Crawley

Bewbush Family Centre, Dorsten Square,
RH11 8XW

10.00-11.00

- Tuesday 15th April
- Tuesday 27th May
- Tuesday 5th August
- Tuesday 23rd September
- Tuesday 4th November

Please note, due to the sensitivity of our discussions, we ask that you attend without your child/young person.