

Winter Timetable: Parenting Peer Support Group 'Circles'



If you are a parent or care giver to a child or young person and supporting them with their mental health, you may feel alone at times and need some support.

Did you know peer support from others who are experiencing similar situations can help with increasing confidence and learning new skills like coping with challenges? We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support Group 'Circles' across the county, where you can meet the team and other parents, all with lived experience, who can provide some much needed empathy and understanding.

The Parents Service at West Sussex Mind has lots more to offer:

- Peer Support Groups both during the day (both in person and on-line) and evening (on-line)
- Monthly 'Expert by Experience' Guest Speaker Zoom evening sessions, i.e. Self-Harm, EBSA, Autism and mental health, Masking, Supporting siblings and more . . .
- 1:1 sessions with a Peer Support Worker (who has lived and professional experience). These are in blocks of three and can be delivered at a time convenient for you
- Closed Facebook group; regular newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).

Come and join us at:

ADUR (Lancing)

Lancing Parish Hall, South Street,
Lancing BN15 8AJ

- THURSDAYS - 22/02/24 and 14/03/24
- AFTERNOONS - 12:30-14:00

ARUN (Bognor Regis)

Arun West Family Hub, Laburnam Grove,
Bognor Regis PO22 9HT

- THURSDAYS - 18/01/24 and 21/03/24
- MORNINGS - 10:00-11:30

NORTH (Crawley)

Bewbush Family Centre, Dorsten Square,
Crawley RH11 8XW

- TUESDAYS - 02/01/24; 06/02/24; 05/03/24
- MORNINGS - 10:00-11:30

NORTH (Horsham)

i-Rock, Hurst Cafe, Hurst Road, Horsham RH12 2DN

- TUESDAYS - 09/01/24; 20/02/24; 12/03/24
- AFTERNOONS - 13:00-14:30

WEST (Midhurst)

South Downs Centre, North Street,
Midhurst GU29 9DH

- TUESDAYS - 30/01/24; 27/02/24; 26/03/24
- MORNINGS - 10:30-12:00

WORTHING

Methold House (The Annexe), North Road,
Worthing BN11 1DU

- TUESDAYS - 23/01/24 and 19/03/24
- MORNINGS - 10:30-12:00

To access the Parenting Service you will need to register with us. If you would like to attend one of our groups, you can drop into a session and then register with the service, or contact us via our Help Point and state you would like a Parenting referral to access the groups. Please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email helppoint@westsussexmind.org