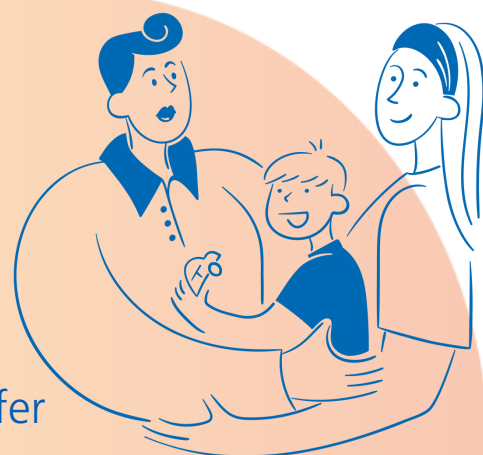


Parent and carer support group in County Durham and Darlington

If you care for a child or young person with emotional or mental health difficulties, why not come along to one of our friendly support groups.

All groups are led by a friendly parent peer practitioner and supported by a CAMHS mental health nurse. The group will listen, support and offer advice and guidance based on lived experiences.

So why not pop along, a warm welcome awaits you. There's no need to book. If you have any questions, email the team at TEWV.waves@nhs.net.



Locations and dates:

**Acley Centre, Carers Way,
Newton Aycliffe, DL5 4PE**
6pm - 8pm

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

**Winchester House, South West
Industrial Estate, Peterlee,
SR8 2RJ**
10am - 12noon

16 July	15 October
20 August	19 November
17 September	17 December

**Lanchester Road Hospital,
Durham, DH1 5RD**
10am - 12noon

3 April	4 September
1 May	2 October
5 June	6 November
3 July	4 December
7 August	

**Mulberry Centre, Rowan
Building, Darlington
Memorial Hospital, DL3 6HX**
10am - 12noon

2 July	1 October
6 August	5 November
3 September	3 December