

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

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 1 May 5 June 3 July
- 7 August
- 4 December
- **Mulberry Centre, Rowan Building, Darlington** Memorial Hospital, DL3 6HX 10am - 12noon
- 2 July
- 6 August
- 3 September
- 1 October
- 5 November

4 September

6 November

2 October

3 December