



PARENT AND CARER PEER SUPPORT GROUP

For parents and carers of neurodivergent children and young people in Edinburgh.

What are Parent and Carer Peer Support Groups?

These groups are to help parents and carers to share their knowledge and lived experience of supporting neurodivergent children. Peer support is when people use their own experiences to help each other.

What will the Parent and Carer Peer Support Group consist of?

Each monthly online group will have a topic where parents and carers can share information, resources, and strategies.

Where and when will the groups be held?

This monthly parent-led group, supported by Edinburgh Council, is hosted online on Teams by Salvesen Mindroom Centre.

The first Parent and Carer Peer Support Group for 2023/24 will be held on **Thursday 7th September 10.30-11.30am*** on Microsoft Teams.

* Remaining dates and links will be provided upon signing up.

Get in touch!

To sign up to our Parent and Carer Support groups or to find out more information about any of our services.

Phone us: **0131 370 6730**

Email us: **directhelp@mindroom.org**

Website: **www.mindroom.org**

