



TIME OUT
Parent / Carer
Support Group

TIME OUT PARENT/CARER SUPPORT GROUP

For parent/carers living in the Newcastle/Gateshead area, who are supporting a child or young person with emotional or mental health issues. Every meeting will see a member of CYPS, RISE and occasionally guest speakers to discuss topics of the parents choice will be on hand to offer support, information or advice.



**Next Zoom Meeting
Wednesday 31st March
6.00-7.30pm.**

Get in touch via the contact details below and we will send you a link to these sessions.



Time Out Support



Timeoutnetwork@hotmail.com



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