

**TIME OUT**Parent / Carer
Support Group**RE·CO·CO**
RECOVERY COLLEGE COLLECTIVE

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 Time Out, CYPS staff and guest speakers will be available to offer support, information and advice.

**Parent/Carer Zoom Meeting**

- Wednesday 28th October 2020 6.00pm – 7.30pm
- Wednesday 25th November 2020 6.00PM – 7.30PM
- Wednesday 16th December 2020 6.00pm – 7.30pm

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



Time Out Support



Timeoutnetwork@hotmail.com