

# Mental Health Parent and Carer Peer Support Group

Our peer support group is safe space for those parents and carers who are supporting a child or young person struggling with emotional or mental health to be heard, supported and to share stories with others.

EVENT DETAILS		
Date	Link	Time
22/07/2021	<u>Parent and Carer Support Group</u> GUESTS - KOOTH Demo/Awareness Session for Parents & Carers	1:00 - 2:30
19/08/2021	Contact <a href="mailto:casey.devine@southtyneside.gov.uk">casey.devine@southtyneside.gov.uk</a> for a link to the group.	10:30 - 12:30
16/09/2021	<u>Parent and Carer Support Group</u> Guest Speakers - HEALTHY MINDS TEAM Your opportunity to meet with the Healthy Minds Team representative and gain a better understanding of what the team offer	1:00 - 2:30
23/09/2021	Contact <a href="mailto:casey.devine@southtyneside.gov.uk">casey.devine@southtyneside.gov.uk</a> for a link to the group.	10:30 - 12:30
21/10/2021	<u>Parent and Carer Support Group</u> GUESTS – LIFECYCLE Your opportunity to meet the team representative and have an insight into the service	1:00 - 2:30
28/10/2021	Contact <a href="mailto:casey.devine@southtyneside.gov.uk">casey.devine@southtyneside.gov.uk</a> for a link to the group.	10:30 - 12:30
11/11/2021	<u>Parent and Carer Support Group</u> GUESTS - CYPS An opportunity to understand the role of CYPS Service in South Tyneside	1:00 - 2:30
25/11/2021	Contact <a href="mailto:casey.devine@southtyneside.gov.uk">casey.devine@southtyneside.gov.uk</a> for a link to the group.	10:30 - 12:30
16/12/2021	<u>Parent and Carer Support Group</u> GUEST – LGBT+ Service Develop an insight into how the LGBT+ service provides support to families in South Tyneside	1:00 - 2:30

