



Spring term 2022

Would you like to connect with other parent carers?

If you are a parent or carer of a child or young person with additional needs please join us at one of our local support groups or from the comfort of your own home.

Billingshurst Umbrellas

Wednesdays, 10 am - 11.30 am

Billingshurst Community Centre

12th Jan / 9th Feb / 9th Mar / 6th Apr

Littlehampton Umbrellas

Tuesdays, 10 am - 11.30 am

Creative Heart Community Hub

11th Jan / 1st Feb / 1st Mar / 29th Mar

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

18th Jan / 15th Feb / 15th Mar

Umbrellas Online

Thursdays, via Zoom

6th Jan	10 am - 11.30 am
13th Jan	7.30 pm - 9 pm
20th Jan	10 am - 11.30 am
27th Jan	7.30 pm - 9 pm
3rd Feb	10 am - 11.30 am
10th Feb	7.30 pm - 9 pm
17th Feb	10 am - 11.30 am
3rd Mar	7.30 pm - 9 pm
10th Mar	10 am - 11.30 am
17th Mar	7.30 pm - 9 pm
24th Mar	10 am - 11.30 am
31st Mar	7.30 pm - 9 pm
7th Apr	10 am - 11.30 am



Find out more about our support groups at:

www.reachingfamilies.org.uk