

# Umbrellas

## Parent Support Group Spring Term 2025

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



EMPOWER

INFORM

SUPPORT

### Shoreham Umbrellas

**Tuesdays, 10 am - 11.30 am**

Adur East Family Hub (Shoreham)

14th Jan / 4th Feb / 4th Mar / 1st Apr

### Littlehampton Umbrellas

**Wednesdays, 10 am - 11.30 am**

Creative Heart Community Hub (upstairs)

22nd Jan / 12th Feb / 12th Mar / 2nd Apr

### Worthing Umbrellas

**Tuesdays, 10 am - 11.30 am**

Durrington Community Centre

21st Jan / 11th Feb / 18th Mar

### Horsham Umbrellas

**Wednesdays, 10 am - 11.30 am**

Horsham Family Hub

15th Jan / 26th Feb / 19th Mar

### Chichester Umbrellas

**Thursdays, 10 am - 11.30 am**

Donnington Parish Hall

30th Jan / 27th Feb / 27th Mar

### Burgess Hill Umbrellas

**Tuesdays, 10 am - 11.30 am**

The Cherry Tree Centre

28th Jan / 25th Feb / 25th Mar

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email:

[outreach-training@reachingfamilies.org.uk](mailto:outreach-training@reachingfamilies.org.uk)



[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

## Umbrellas Online

### Thursdays via Zoom

16th Jan 7.30 pm - 9 pm

6th Feb 7.30 pm - 9 pm

13th Mar 7.30 pm - 9 pm

3rd Apr 7.30 pm - 9 pm