



*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

14th Sep / 12th Oct / 9th Nov / 7th Dec

### Littlehampton Umbrellas

Tuesdays, 10 am - 11.30 am

Creative Heart Community Hub

13th Sep / 4th Oct / 1st Nov / 29th Nov

### Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

20th Sep / 18th Oct / 15th Nov / 13th Dec

### Umbrellas Online

Thursdays, via Zoom

8th Sept 10 am - 11.30 am

15th Sept 7.30 pm - 9 pm

22nd Sept 10 am - 11.30 am

29th Sept 7.30 pm - 9 pm

6th Oct 10 am - 11.30 am

13th Oct 7.30 pm - 9 pm

20th Oct 10 am - 11.30 am

3rd Nov 7.30 pm - 9 pm

10th Nov 10 am - 11.30 am

17th Nov 7.30 pm - 9 pm

24th Nov 10 am - 11.30 am

1st Dec 7.30 pm - 9 pm

8th Dec 10 am - 11.30 am



Find out more about our support groups at:

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