



# Parent Support Group

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Waves

Support

Care

Respect

Hope

## Parent and carer support group in County Durham and Darlington

If you care for a child or young person with emotional or mental health difficulties, why not come along to one of our friendly support groups.

All groups are led by a friendly parent peer practitioner and supported by a CAMHS mental health nurse. The group will listen, support and offer advice and guidance based on lived experiences.

So why not pop along, a warm welcome awaits you. There's no need to book. If you have any questions, email the team at [TEWV.waves@nhs.net](mailto:TEWV.waves@nhs.net).



### Locations and dates:

**Acley Centre, Carers Way,  
Newton Aycliffe, DL5 4PE**  
**6pm - 8pm**

17 April	18 September
15 May	16 October
19 June	20 November
17 July	18 December
21 August	

**Winchester House, South West  
Industrial Estate, Peterlee,  
SR8 2RJ**  
**10am - 12noon**

16 July	15 October
20 August	19 November
17 September	17 December

**Lanchester Road Hospital,  
Durham, DH1 5RD**  
**10am - 12noon**

3 April	4 September
1 May	2 October
5 June	6 November
3 July	4 December
7 August	

**Mulberry Centre, Rowan  
Building, Darlington  
Memorial Hospital, DL3 6HX**  
**10am - 12noon**

2 July	1 October
6 August	5 November
3 September	3 December