

FREE UPCOMING EVENTS AT THE PLYMPTON HUB

AUTISM IDEAS EXCHANGE

Wednesday 2nd May 9:30 - 11am (& every 2 weeks thereafter)

Meet with fellow parents & carers of children with ASC in a relaxed, friendly & informal environment. Gain knowledge & understanding, and share experiences. Run by Caroline Snell, experienced Autism Specialist Teacher.

EQUAL MINDS SUPPORT GROUP

Monday 21st May 6 - 7.30pm (every 3rd Monday of the month)

A welcoming, monthly peer support group for those caring for, or close to someone with a mental health condition. For further information contact: equalmindsuk@gmail.com or call the Hub.

DYSLEXIA NETWORK GROUP

Thursday 3rd May 6 - 7:30pm (every 1st Thursday of the month)

Sarah Baines (Specialist Teacher for Dyslexia) facilitates this friendly group to offer information and advice. Gain knowledge & understanding of the condition to support yourself or your child. Email: sarah.exceed@icloud.com or call the Hub.

TOTS to TIGERS

Thursday's 10:00am – 12 noon

A positive, non-judgemental group to support parents & carers in helping to manage their children's anxiety and behaviour (aged 3-10 yrs). Facilitated by Emily Cload & Mel Fry of CAMHS - for details contact CAMHS on **01752 431601**.

FREE 1:1 & COUPLES COUNSELLING

Sessions available every Thursday (by appointment only)

Free counselling provided by our counsellor Naomi. For initial enquiries email: naomi@naominightingale.co.uk or call the Hub.

EMOTIONAL LOGIC

Sessions available every Wednesday (by appointment only)

Emotional Logic is a well-proven lifelong-learning approach to resolving issues and handling emotions. Sessions are suitable for families, groups and individuals, but particularly well suited to primary aged children. Contact the Hub for initial enquiries.

FASDDAC SUPPORT GROUP

Monday 30th April 11am - 1pm

Lee Harvey-Heath runs this warm & inclusive support group for those either suffering from, or requiring information and advice about Foetal Alcohol Spectrum Disorder. For details email: lh.fasd@gmail.com or call the Hub.

**For all general enquiries please call: 07533 747 794 or
email: charlotte@plymptonhub.org**



Plympton Hub, Rees Centre, Mudgeway, PL7 2PS.

Working together to improve the lives of families

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