



# Parent Carers

LEARNING SESSIONS, SELF  
CARE, NEW SKILLS AND  
PEER SUPPORT



## AUGUST- SOCIAL/ PEER SUPPORT



Thursday 28<sup>th</sup> August  
5:30 - 7:30

**Arts and Craft session**  
The Ridge, Dunbar

For more information, [click here](#).

## SEPT - EDUCATION/ TRAINING/ LEARNING



**Crisis Handling  
Awareness Training**

Tues 23rd and Tues 30th Sept 5:30 - 7:15pm  
Port Seton Community Centre

This session is open to all carers, not just parent carers. For more information, [click here](#).

## OCT-EDUCATION/ TRAINING AND LEARNING



**Self Harm Awareness Training**  
(Online) 1hr 23<sup>rd</sup> October 10am -11am.

[Click here](#) for more info.

## NOV- SOCIAL/ PEER SUPPORT



**Pamper and relaxation session -**

Wed 5<sup>th</sup> Nov, 10am- 12pm

This will most likely run in the North Berwick area.

More info coming soon.

## NOV/ DEC- TRY A NEW SKILL



5 week **drumming group** with  
Matt the Hat 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>,  
25<sup>th</sup> Nov & 2<sup>nd</sup> Dec.  
[Click here for more info.](#)

More info coming soon.

## JAN/ FEB- EDUCATION/TRAINING AND LEARNING



**Trauma Informed  
Parenting Sessions** (online)  
26th Jan, 2nd Feb 10am - 12pm

[Click here](#) for more info.

## FEB-SOCIAL/ PEER SUPPORT



To mark Children's Mental Health Week, we will host a **family baking session**.

Saturday 14<sup>th</sup> Feb, Fraser Centre, Tranent.  
Bookings will open nearer to the time.

## MARCH- EDUCATION/ TRAINING AND LEARNING



To mark Neurodiversity Celebration Week, we will host a session (TBC) for parent carers. If there are any themes you would like to see us focusing on, please contact Gemma on [gemma@coel.org.uk](mailto:gemma@coel.org.uk)

Further details of all of these sessions can be found on our events calendar.

[Click this link](#) to view the calendar.