

Parent Carers

LEARNING SESSIONS, SELF CARE, NEW SKILLS AND PEER SUPPORT



AUGUST- SOCIAL/ PEER SUPPORT



Thursday 28th August 5:30 - 7:30

Arts and Craft sessionThe Ridge, Dunbar

For more information, click here.

OCT-EDUCATION/ TRAINING AND LEARNING



Self Harm Awareness Training (Online) 1hr 23rd October 10am -11am.

Click here for more info.

NOV/ DEC- TRY A NEW SKILL



5 week **drumming group** with Matt the Hat 4th, 11th, 18th, 25th Nov & 2nd Dec.
Click here for more info.

More info coming soon.

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.

NOV- SOCIAL/ PEER SUPPORT



Pamper and relaxation session -

Wed 5th Nov, 10am- 12pm This will most likely run in the North Berwick area.

More info coming soon.

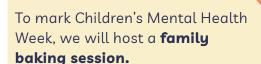
JAN/ FEB- EDUCATION/TRAINING AND LEARNING



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

Click here for more info.

FEB-SOCIAL/ PEER SUPPORT



Saturday 14th 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

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

Click this link to view the calendar.