



Parent Carers

LEARNING SESSIONS, SELF
CARE, NEW SKILLS AND
PEER SUPPORT



AUGUST- SOCIAL/ PEER SUPPORT



Thursday 18th September
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 23rd October 10am -11am.

[Click here](#) for more info.

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.

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.

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 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.