



## **Includes Us 2 “My Time” Groups**

### **Ashford, Shepway & Dover September - December 2018**

Includes Us 2 “My Time” support groups provide a relaxed and informal space for parents/carers of children with a disability or a special educational need to meet up.

Groups are facilitated by our Family Support Officers who can provide information, support and signposting. Guest speakers are regularly invited to attend to provide specialist advice and information.

Further information and updates can be found on our Facebook page.

#### **My Time Meeting Dates\***

#### **\*Dover - The Smile Centre, Mayfield Road, Whitfield, Dover, Kent CT16 3LJ**

Wednesday 19th September 9.30am-11am

Wednesday 17th October: 9.30am-11am

Wednesday 21st November: 9.30am - 11am

Wednesday 19th December: 9.30am - 11am

#### **\*Shepway - The Village Children’s Centre, Denmark St, Folkestone, CT19 6EQ**

Wednesday 10th October : 10am-12pm

Wednesday 14th November : 10am-12pm

Wednesday 5th December : 10am-12pm

#### **\*Ashford - Rainbow Centre, Great Chart Bypass, Ashford, Kent TN23 4ER**

**In partnership with Disabled children’s services**

Tuesday 2nd October 9.30-11.30am

Tuesday 6th November 9.30-11.30am

Tuesday 4th December 9.30-11.30am

Meetings will be facilitated by Nicola and Hayley, our Family Support Officers. One to one appointments can be provided at designated times. For further information please call

Hayley on 07720 602640 (Mon-Wed) Or Nicola on 07525 589321 (Wed-Fri).

Or email [familysupport@includesus2.org.uk](mailto:familysupport@includesus2.org.uk)