



## **Includes Us 2 “My Time” Groups**

**Ashford, Shepway & Dover January– March 2020**

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 Officer who can provide information, support and sign-posting. 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**

**Thursday 23rd January 9.30am -11.30am– Kent Fire and Rescue**

**Thursday 27th February 9.30am - 11.30am– Dover Smart Project– Young carers**

**Thursday 19th March 9.30am - 11.30am-KTA– Training and apprenticeships**

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

**Wednesday 15th January 9.30-11.30am– Imago– Young carers**

**Wednesday 12th February 9.30-11.30am– KTA-Training and apprenticeships**

**Wednesday 11th March 9.30-11.30am– Find a voice-communication aids**

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

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

**Tuesday 7th January 9.30 - 11.30am— Imago– Young Carers**

**Tuesday 4th February 9.30 - 11.30am– Find a voice– communication aids**

**Tuesday 3rd March 9.30 - 11.30am– Joshua Nice– clinical psychologist**

Meetings will be facilitated by Nicola , our Family Support Officer.

One to one appointments can be provided at designated times. For further information please call

Nicola on 07525 589321 (Tuesday-Thursday) or email [familysupport@includesus2.org.uk](mailto:familysupport@includesus2.org.uk)

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