

**CARERS
TRUST**

Sefton Carers
Centre

GRAB A BREW.. IT'S TIME FOR YOU!

**SEFTON CARERS CENTRE,
PARENT CARER VIRTUAL
COFFEE MORNINGS**

Join us online via your tablet,
phone or laptop on
Thursdays 10:30-11:30am
(Term time only)

Meet the Sefton Carers Centre Team, special
guests and connect with other
parent carers in Sefton

CARERS TRUST

Sefton Carers
Centre

FULL DETAILS OF GUEST SPEAKERS BELOW

THURSDAY 25TH FEBRUARY

JOIN VICKY AND CAROLINE FROM SEFTON CARERS CENTRE PARENT CARER TEAM ALONG WITH OTHER PARENT CARERS IN SEFTON.

THURSDAY 4TH MARCH

MEET KATH AND JACQUI FROM SEFTON ASD SOCIAL COMMUNICATION TEAM

THURSDAY 11TH MARCH

COME AND JOIN VICKY AND CAROLINE FROM SEFTON CARERS CENTRE PARENT CARER TEAM AND MEET OTHER PARENT CARERS TO GAIN SUPPORT AROUND YOUR CARING ROLE

THURSDAY 18TH MARCH

JOINING US TODAY ARE SEFTON SEXUAL HEALTH PROMOTION TEAM. HAVING A CHILD WITH A DISABILITY BRINGS MANY CHALLENGES AND THIS IS ONE AREA WE DO NOT TALK ABOUT ENOUGH.

THURSDAY 25TH MARCH

VICKY AND CAROLINE FROM SEFTON CARERS CENTRE PARENT CARER TEAM WILL BE AVAILABLE TO SUPPORT YOU WITH ANY WORRIES OR QUESTIONS YOU MAY HAVE AROUND YOUR CARING ROLE.

For further information or to book your place, please contact Vicky.Harris@carers.sefton.gov.uk or call us on **0151 288 6060**

Sefton Carers Centre is a registered charity,
No. 1050808