

## **Parent/Carer Coffee/Information Sessions**

**Sessions take place at:**

**Family Hub. Sutton Library St Nicolas Way, Sutton SM1 1EA**

**January - December 2023**

Would you like to meet with other parents/carers in a cosy, non-judgemental and welcoming environment?

Would you like to find out about services that are available in the London Borough of Sutton that may benefit you and your family?

Would you like to give your opinion about what you feel is needed in your local area?

Maybe you just want some advice on a matter and you don't know where to turn.

Do you require any parenting advice?

If your answer is 'yes' to any of the questions above, we are now facilitating parent/carers coffee/information sessions in your local area.

The very least you will get from attending our coffee/information sessions, is a genuine and sincere warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

We can organise guest speakers who can offer you advice on a range of issues and we can signpost you to relevant services if required subject to your needs.

Parenting can be so rewarding. However, at times it can also bring its challenges and worries and make you feel isolated.

You don't need to make an appointment. Just turn up.

If you would like to find out more about the sessions, please contact one of the following people::

Theresa Cameron Parenting Coordinator 07736 338924

Chanika Gulli Parenting Support Worker 07564043426

Clare Kennedy Parenting Administrator via her email: [clare.kennedy@sutton.gov.uk](mailto:clare.kennedy@sutton.gov.uk)

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Sutton SM1 1EA**

*Please Note: We will not be running sessions during the school holidays.*

**Coffee/Information Sessions January - December 2023**

<b>Dates</b>	<b>Times</b>
Friday 20 <sup>th</sup> January 2023	9.30am – 11.30am
Friday 3 <sup>rd</sup> February 2023	9.30am – 11.30am
Friday 24 <sup>th</sup> February 2023	9.30am – 11.30am
Friday 10 <sup>th</sup> March 2023	9.30am – 11.30am
Friday 24 <sup>th</sup> March 2023	9.30am – 11.30am
Friday 21 <sup>st</sup> April 2023	9.30am – 11.30am Guest Speaker: Julian Clift LBS Welfare and Benefits Advisor
Friday 5 <sup>th</sup> May 2023	9.30am – 11.30am
Friday 19 <sup>th</sup> May 2023	9.30am – 11.30am
Friday 9 <sup>th</sup> June 2023	9.30am – 11.30am

Friday 23 <sup>rd</sup> June 2023	9.30am – 11.30am
Friday 7 <sup>th</sup> July 2023	9.30am – 11.30am
Friday 21 <sup>st</sup> July 2023	9.30am – 11.30am
Friday 15 <sup>th</sup> September 2023	9.30am – 11.30am
Friday 29 <sup>th</sup> September 2023	9.30am – 11.30am
Friday 13 <sup>th</sup> October 2023	9.30am – 11.30am
Friday 3 <sup>rd</sup> November 2023	9.30am – 11.30am
Friday 17 <sup>th</sup> November 2023	9.30am – 11.30am
Friday 1 <sup>st</sup> December 2023	9.30am – 11.30am
15 <sup>th</sup> December 2023	9.30am – 11.30am