



Rollercoaster June 2022 Diary dates



For families supporting a child or young person (up to 25 years) with emotional or mental health difficulties

		What's on	More information	Venue
Wednesday 1 st	10–12pm	Parent Support Group	Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse	Box 6, Durham County Cricket Ground DH3 3QR
Monday 6 th	10-12pm	You're Not Alone Club	A supportive space to have a cuppa & chat with a Rollercoaster Parent Peer Supporter.	Box 6, Durham County Cricket Ground DH3 3QR
Wednesday 8 th	6-7:30pm	Parent Support Group	Support, information, advice on a range of topics around mental health with a parent peer supporter, CAMHS Nurse and SENDIASS	Online Facebook live & Zoom
Monday 13 th	6 – 8pm	Emily's Gifts working group	A working group of parents, carers, young people and staff working together to plan the Emily's Gift event.	Zoom
Wednesday 15 th	6 – 8pm	Parent Support Group	Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse	Angel Trust, Bishop Auckland, DL14 7JN
Friday 17 th	1-2pm	SENDIASS Drop in	Advice and support around Education & SEND. Book a 1:1 appointment with a SENDIASS worker	Online Zoom
Tuesday 21 st	10-12pm	Make it Club	A supportive space to have a cuppa & chat with a Rollercoaster Parent Peer Supporter and 'make' something crafty with Dawn from Daisy arts.	Box 6, Durham County Cricket Ground DH3 3QR
Friday 24 th	1-2pm	Mental Health Drop In	Advice and support around mental health. Book a 1:1 with a CAMHS Nurse	Online Zoom

Individual Support

- **Talk to a Parent Peer Supporter** - Book a 1:1 support session with a Rollercoaster Parent Peer Supporter who has been through similar experiences
- **Closed Facebook group** - Rollercoaster closed Facebook Group is a safe space for parents to access support from other parents at any time

For more information or to book a session get in touch using one of the contacts below:

 07377 213952

 support@rollercoasterfs.co.uk

 @rollercoasterparentsupport

 @rollercoasterPS