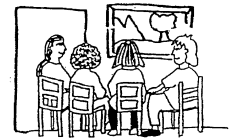


## Peer Support for Parents and Carers

The Lothian Centre for Inclusive Living (LCiL) hosts a peer support group for parents and carers of disabled children and children with additional support needs. The parent and carer peer support group gives parents and carers the opportunity to:



- ◆ Meet other parents and carers
- ◆ Explore ideas and opportunities around support
- ◆ Find out practical information, resources and information on who to ask
- ◆ Develop skills and build confidence
- ◆ Hear from guest speakers and organisations on a range of topics

**When:** Once a month, alternating Monday and Thursdays.  
10.30am -1.30pm. Lunch from 12:30pm.  
Contact LCiL to find out the next date.

**Where:** The group will meet at Norton Park Conference Centre in  
the Training Suite.  
57 Albion Road Edinburgh EH7 5QY



**Lunch and refreshments are provided**

To let us know you would like to attend or find out more information about the peer support group, contact Emma Wynack at LCiL on 0131 475 2554 or email [emma.wynack@lothiancil.org.uk](mailto:emma.wynack@lothiancil.org.uk)