

## **Free workshop for Parents and Carers** ***Support through Transition***

The Lothian Centre for Inclusive Living (LCiL) is hosting a series of two workshops for parents and carers of disabled young people and young people with additional support needs living in East Lothian. In these workshops you will have the opportunity to:



- ◆ Meet other parents and carers
- ◆ Hear directly from a parent and young person about the journey of getting support through transition and the difference it has made
- ◆ Explore ideas and opportunities around support
- ◆ Gain the confidence to ask for the support you need
- ◆ Find out practical information, resources and information on who to ask

**When:** 1<sup>st</sup> workshop Wednesday 16<sup>th</sup> September 2015 10.30-2pm  
2<sup>nd</sup> workshop Wednesday 30<sup>th</sup> September 2015 10.30-2pm

**Both workshops will be held at Musselburgh East Community Learning Centre  
Haddington Rd Musselburgh EH21 8JJ**



**Lunch and refreshments will be provided**

**To make a booking or find out more information about the workshop, contact Emma Wynack at LCiL on 0131 475 2554 or email [emma.wynack@lothiancil.org.uk](mailto:emma.wynack@lothiancil.org.uk)**