

Know your Rights for Parent Carers Online Workshop

Do you want to.... Improve your knowledge of your rights?

- Increase your ability to self-advocate?
- Learn how to make a complaint if your rights aren't met?
- Meet new people and increase your confidence?

At this workshop we'll cover:

- where, when and how to get support
- where to go for support/advocacy with accessing benefits and services
- hear first-hand experience from one of our **LCiL Champions!**

This is for you if you are a parent carer of:

- a disabled child (any age)
- a child with additional support needs



Where and When?

Session 1

3.00pm – 4.00pm

Wednesday 1st July 2020

Session 2

3.00pm – 4.00pm

Wednesday 8th July 2020

Come and join our workshop and learn in a relaxed and friendly atmosphere

You will receive training videos and reading materials to complement sessions

*Workshop will run subject to sufficient numbers and will take place using Zoom.
You must attend both sessions.*



To find out more and to book, contact:
Kelly Jack at LCiL on **0131 475 2350**
or email SDS@lothiancil.org.uk

