

# ACT Parent and Carers Coffee Morning

Drop in on Friday Mornings, Fortnightly 10am-12pm

Next dates...15<sup>th</sup> and 29<sup>th</sup> March

12<sup>th</sup> and 26<sup>th</sup> April 2019

*A relaxed environment*

*Shared experience*

*Non-judgmental*

*A chance to talk*

*Refreshments  
available*



*A confidential space*

*Support and Information*

*Meet new people*

Call us on 01483 519606 or 07870 850883

ACT, The Shaw Centre, Chobham Road, Woking GU21 4AS