



## **PARENT AND CARER PEER SUPPORT GROUP**

For parents and carers of neurodivergent children  
and young people in **Edinburgh**.

### **What are Parent and Carer Peer Support Groups?**

These groups are to help parents and carers to share their knowledge and lived experience of supporting neurodivergent children. Peer support is when people use their own experiences to help each other.

### **What will the Parent and Carer Peer Support Group consist of?**

Each monthly online group will have a topic where parents and carers can share information, resources, and strategies.

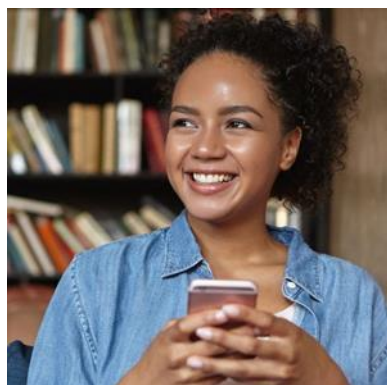
### **Where and when will the groups be held?**

This monthly parent-led group, supported by Edinburgh Council, is hosted online on Teams by Salvesen Mindroom Centre.

### **2025/2026 session dates:**

Each session will be held on Teams on Thursday mornings at **10.30am - 11.30am**.

- Thursday 4<sup>th</sup> September
- Thursday 2<sup>nd</sup> October
- Thursday 6<sup>th</sup> November
- Thursday 4<sup>th</sup> December
- Thursday 8<sup>th</sup> January
- Thursday 5<sup>th</sup> February
- Thursday 5<sup>th</sup> March
- Thursday 2<sup>nd</sup> April
- Thursday 7<sup>th</sup> May
- Thursday 4<sup>th</sup> June



The Teams link for each date will be provided after registering for a session.  
There is no requirement or expectation that parents/carers attend every session.

Please email [directhelp@mindroom.org](mailto:directhelp@mindroom.org) or call **0131 370 6730** for information about signing up.

To find out more information about any of our services please email us or go to [www.mindroom.org](http://www.mindroom.org)