



mindroom.

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.



My child doesn't have a diagnosis – can I attend?

Yes, absolutely! No diagnosis is required to access Mindroom services.



2026/2027 SESSION DATES:

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

- Thursday 10th September 2026
- Thursday 1st October 2026
- Thursday 5th November 2026
- Thursday 3rd December 2026
- Thursday 7th January 2027
- Thursday 4th February 2027
- Thursday 4th March 2027
- Thursday 1st April 2027
- Thursday 6th May 2027
- Thursday 3rd June 2027



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 or call **0131 370 6730** for information about signing up.

For more information about any of our services or to request support for you or your family:



Phone us **0131 370 6730**



Email us directhelp@mindroom.org



Website www.mindroom.org

mindroom.

Mindroom is a charity providing support to parents and carers of neurodivergent children and young people across Edinburgh. We also have services to support children and young people. Your child does not need a diagnosis to access our services.