

FREE Support At The Plympton Hub

1:1 & Couples Counselling

Sessions Available on Thursdays

Free Counselling sessions provided by our counsellor—Naomi. These sessions are by appointment only.

Please contact Naomi directly on naomi@naominightingale.co.uk

AUTISM Ideas Exchange

Alternate Wednesdays 9:30am — 11.00am

Meet with fellow parents & carers of children with ASC in a relaxed, friendly & informal environment.

Share experiences, information & ideas. Facilitated by Caroline Snell, Autism Specialist Teacher.

TIMID to TIGERS

A positive, non-judgemental group to support parents in helping their children's anxiety & behaviour.

Facilitated by Emily Cload & Mel Fry of CAMHS—Dates TBC

For more details please contact CAMHS on 01752 431601

EQUAL MINDS

Every 3rd Monday of the Month 6:00pm — 7.30pm

An inclusive, supportive group for friends, family members & partners of people with a mental health condition.

For more info contact equalmindsuk@gmail.com or www.facebook.com/groups/EqualMinds

DYSLEXIA Network Group

For information & advice on the signs & symptoms of Dyslexia, & the positive support that's available.

Please contact Specialist Dyslexia teacher Sarah Baines of Exceed sarah.exceed@icloud.com

HEADSPACE

Every Wednesday 6.00pm-10.00pm

A voice for Mental Health, supporting people with Mental Health issues. Evening drop in café for more information email

headspace@colebrooksw.org or Contact 01752 563492

Joining Us Soon- MalesAllowed

A Mental Health Service for Men to obtain help through Online group meetings, 1-1 support. & workshops.

Facebook: www.facebook.com/malesallowed Website: www.malesallowed.org

Please check our social media pages for additional one-off sessions



www.facebook.com/theplymptonhub



Tweet us : @plymptonhub

THE
HUB
PLYMPTON

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Registered Charity No. 1162674

Working together to improve the lives of families