

Bristol Parent Carers
Shaping the future together

SUPPORT GROUPS

WE INVITE PARENTS AND CARERS WHO HAVE CHILDREN/YOUNG PEOPLE (0-25) WITH SPECIAL NEEDS, DISABILITIES OR LIFE-LIMITING CONDITIONS TO:

- **MEET OTHERS AND SHARE EXPERIENCES**
- **GET ADVICE AND INFORMATION**
- **GET FREE REFRESHMENTS AND A FRIENDLY ATMOSPHERE**
- **RELAX WITH A 10 MINUTE THERAPY SESSION**

NO NEED TO BOOK, JUST COME ALONG. TRAVEL AND CHILD CARE COSTS REIMBURSED WITH RECEIPTS. FOR DETAILS, TEL 07306 650222 OR EMAIL ROSIE@BRISTOLPARENTCARERS.ORG.UK.



CENTRAL BRISTOL

22ND SEPTEMBER 2021

6TH OCT 21

3RD NOV 21

1ST DEC 21

12TH JAN 22

2ND FEB 22

Meets on a Wednesday from
10.30am - 12.30

**AT: Phoenix Social Enterprise
5 Russell Town Ave, Redfield
Bristol, BS5 9LT**

Car Park Chargeable, on-street parking nearby. Buses: 36,
36a, 6, 7, 42-45. Lawrence Hill Railway Station

Meets on a Wednesday from
10.30am - 12.30

**AT: Henbury and Brentry
Community Centre, Machin Rd,
Henbury, Bristol, BS10 7HG**

Free Car Park, Buses 1, 2, 4 and 76

NORTH BRISTOL

29TH SEPTEMBER 2021

20TH OCT 21

17TH NOV 21

15TH DEC 21

19TH JAN 22

16TH FEB 22



SOUTH BRISTOL

30TH SEPTEMBER 2021

21ST OCT 21

25TH NOV 21

16TH DEC 21

27TH JAN 22

17TH FEB 22

Meets on a Thursday from
10.30am - 12.30

**AT: The Inns Court Centre, 1
Marshall Walk, Inns Court,
Knowle, Bristol, BS4 1TR**

Free Car Park, Buses: most direct service is
the M1 with 91 and 96 stopping nearby

Come and join us for a chat!