

We're here for you 


Support for you and your family

A friendly and confidential space to talk, share and get support with any challenges you may be facing.



COFFEE HOUR

1ST MONDAY
OF EVERY MONTH

 9.30am - 10.30am

 3pm - 4pm

A warm and welcoming space to connect, talk and access support in a relaxed and friendly environment.



ONLINE SUPPORT

3RD FRIDAY
OF EVERY MONTH

 7pm - 8pm

Access support from the comfort of your home via a confidential online session.



BOOKING REQUIRED

To book your place, please email or call:

 I.denton@maidenerleghtrust.org

 0118 966 8065



*Working together,
stronger together*



TERM TIME ONLY

These sessions run during school term time only.