



## Includes Us 2 My Time Groups

For parents & carers of children with a disability or additional needs (no diagnosis needed) living in Ashford, Dover, Folkestone and Hythe

Our 'My Time' groups provide a relaxed and informal space for parents & carers to get together and access support. Speakers are regularly invited to these sessions to provide information and advice about specialist services. Please email [familysupport@includesus2.org.uk](mailto:familysupport@includesus2.org.uk) to book a free space at our face to face meetings.

### Meeting Dates April – July 2023

#### April meetings

Wednesday 19th - Dover Whitfield Aspen Smile Centre, Mayfield Road, CT16 3LJ 10am-12pm

Thursday 27th - Zoom 8-10pm

#### May Meetings

Friday 5th - Zoom 10am-12pm

Wednesday 10th - Ashford St Mary's Primary School, Western Avenue, TN23 1ND 10am-12pm

Monday 15th - Zoom 8pm-10pm

#### June Meetings

Tuesday 6th - Zoom 10am-12pm

Wednesday 14th - Folkestone The Village Children Centre, Denmark Street, CT19 6EQ 10-12pm

Wednesday 21st- Zoom 8-10pm

#### July meetings

Thursday 6th– Zoom 10-12pm

Tuesday 11th—Zoom 8-10pm

Wednesday 19th -Dover Whitfield Aspen Smile Centre, Mayfield Road, CT16 3LJ 10am-12pm

To book a place at any of our meetings you will need to become a free member of Includes Us 2, you can join by using this link - [Membership Application Form \(jotform.com\)](https://forms.office.com/r/uGvwMi79HX)

If you feel you need one to one support you can refer to our family support service here -

<https://forms.office.com/r/uGvwMi79HX>