

# Parenting Peer Support Drop-ins

## Winter/Spring 2026 Timetable



If you are a parent or carer to a child or young person who needs some support with their mental health, you may not know where to start and may need some support of your own. There is no criteria for our drop-in groups, so no concern is too small or too big.

We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support drop-ins across the county, where you can meet our Parenting Team and other parents who can provide some much needed empathy and understanding.

### Online parenting support drop-ins:

10:00-11:00am

- Tuesday 13<sup>th</sup> January
- Tuesday 10<sup>th</sup> March
- Tuesday 7<sup>th</sup> April

Zoom Meeting ID: 869 2437 6726

Passcode: 131440

Please feel free to drop-in where we can chat and get you registered with the service. Or to register yourself, please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email [helppoint@westsussexmind.org](mailto:helppoint@westsussexmind.org)

Or for more information, please contact [parentingsupport@westsussexmind.org](mailto:parentingsupport@westsussexmind.org)

New locations added

Come and join us in:

### Worthing

The Gateway, 8-10 Durrington Lane, BN13 2QG

13:00 - 14:00

- Tuesday 6<sup>th</sup> January
- Tuesday 10<sup>th</sup> February
- Tuesday 24<sup>th</sup> March

### Chichester

Family Hub (The Green Room), St James' Rd, Chichester PO19 7WX  
(NB: For SatNav use PO19 7HY)

10.00-11.00

- Thursday 15<sup>th</sup> January
- Thursday 19<sup>th</sup> February
- Thursday 26<sup>th</sup> March

### Haywards Heath

Mid Sussex Family Hub, 51 Penn Cres, Haywards Heath, RH16 3HP

11.00-12.00

- Tuesday 20<sup>th</sup> January
- Tuesday 24<sup>th</sup> February

Please note, due to the sensitivity of our discussions, we ask that you attend without your child/young person.