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Dear Parent/Carer

We would love to invite you to our upcoming "**Drop-in Coffee and Chat**" sessions.

These are relaxed, informal gatherings designed to give you a space to connect with our clinical team and other parents. It's a great opportunity to share experiences, discuss the strengths and challenges of supporting the young people in your lives, or simply have a friendly chat with people who understand.

We have scheduled the following dates for the upcoming year:

2026 Sessions:

- **Thursday 7th May:** 09:15 – 10:15
- **Tuesday 7th July:** 13:30 – 14:30
- **Thursday 10th September:** 09:15 – 10:15
- **Tuesday 10th November:** 13:30 – 14:30

2027 Sessions:

- **Thursday 14th January:** 09:15 – 10:15
- **Tuesday 16th March:** 13:30 – 14:30
- **Thursday 13th May:** 09:15 – 10:15
- **Tuesday 20th July:** 13:30 – 14:30

We look forward to seeing you there!

Warm regards,

The Clinical Team