

Your Carers Support Groups

Pwllheli Plas Heli, Pwllheli, 10.00-12.00	Tuesday	Support group	5 March 2 April 7 May
Blaenau Ffestiniog Y Ganolfan, Wynne Road *New venue	Tuesday	Cerys Thomas, Integrated Autism Service Dawn Owen, Carers Wales	19 March 16 April 21 May
Penygroes Capel Soar Vestry, 2.00-4.00	Wednesday	Dawn Owen, Carers Wales	20 March 17 April 15 May
Bangor Storiol Café, 3.00-4.45	Thursday	Dawn Owen, Carers Wales	21 March 18 April 16 May
Tywyn Baptist Church, High Street, 11.00-12.00	Thursday	Support group Dawn Owen, Carers Wales	14 March 11 April 9 May
Parent carers Ysgol Hafod Lon, Penrhyndeudraeth, 10.30-12.00	Monday	Morning coffee to support parents and carers of children with additional needs	18 March 20 May
Parent carers Ysgol Pendalar, Caernarfon, 10.30-12.00	Monday	Morning coffee to support parents and carers of children with additional needs	11 March 13 May

Please note that groups may be subject to change. Please check first ☎ 01248 370797