



# Carers Outreach Service

Are you a parent /carer of a child or adult with additional needs who lives in Gwynedd?  
Would you like to talk to other parents / carers?

We now offer support meetings via zoom

Welsh meetings are usually on a Monday morning  
English meetings are usually on a Tuesday morning

Contact us for further details and a link to join a meeting  
Please tell us your preferred language

:01248 370797

email - [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)