



C.H.A.T.S Parent Support Group (Lancaster and Morecambe area) on Facebook



Lancashire &
South Cumbria
NHS Foundation Trust

Who is it for?

Any **parent/carer** involved in the support of any child/young person struggling with mental, emotional or behavioural difficulties.

What happens?

The Facebook group is a friendly, safe space to talk, listen and help each other, available 24/7.

You don't have to post or comment, sometimes just reading about what others are experiencing is help enough.

We also host **face-to-face meetings, drop-in social meetings, workshops** and **Zoom meetings** during term-time.

Rebecca - [07852297215](tel:07852297215)

Claire - [07494206371](tel:07494206371)

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When?

CHATS Social Café (in person) drop-in
First Friday of the month
10am until 12pm

CHATS Face-To-Face meeting
Second Thursday of the month
10am until 12pm

Come along, have a brew and find your people.

CHATS Workshops
(places need to be booked)
Third Thursday of the month
10am until 1pm

Where?

More Music - Devonshire Road,
West End, Morecambe, LA3 1QT

CHATS Zoom meeting drop-in
(login details are on the Facebook group)
Last Thursday of the month
7pm until 8.30pm