

# Bedford Parents Together



## Do you care for a child who has a disability or additional needs?

Our drop-in is for parent carers at the Community Centre  
147 Church Lane Bedford MK41 0PW monthly on Fridays  
09.30 -11.30

### 2018 Dates

Jan 12th, Feb 9th, March 9th,  
April no group, May 11th,  
June 8th, July 13th.

Chat and relax, meet other parent carers  
bite size training sessions, pampering or relaxation therapy  
refreshments, information, advice and support

**We look forward to seeing you!**

**Contact Jon Clingan 0300 111 1919**

Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford MK41 7PZ

Registered charity no: 1135507

Company number: 07140432

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