



Includes Us 2 “My Time” Groups

Ashford, Shepway & Dover April – July 2020

Includes Us 2 “My Time” support groups provide a relaxed and informal space for parents/carers of children with a disability or a special educational need to meet up.

Groups are facilitated by our Family Support Officer who can provide information, support and signposting. Guest speakers are regularly invited to attend to provide specialist advice and information.

Further information and updates can be found on our Facebook page.

My Time Meeting Dates*

***Dover - The Smile Centre, Mayfield Road, Whitfield, Dover, Kent CT16 3LJ**

30th April 9.30am -11.30am

Thursday 21st May 9.30am - 11.30am

Thursday 18th June 9.30am - 11.30am

Thursday 16th July 9.30-11.30am

***Shepway - The Village Children’s Centre, Denmark St, Folkestone, CT19 6EQ**

Wednesday 22nd April 9.30-11.30am

Wednesday 13th May 9.30-11.30am

Wednesday 10th June 9.30-11.30am

Wednesday 15th July 9.30-11.30

***Ashford - Rainbow Centre, Great Chart Bypass, Ashford, Kent TN23 4ER**

Tuesday 31st March 9.30 - 11.30am

Tuesday 5th May 9.30 - 11.30am

Tuesday 2nd June 9.30- 11.30am

Tuesday 7th July 9.30-11.30am