

TEA and ME time!!



Take a little time for yourself and meet up with other Parents.
Drop into the Parents Room any Thursday morning 10am-12pm.

Come along and join in some activities or just relax and have a chat:

Busy Bees craft Group : Coffee & Cake

Flavours of the World

Scheduled talks and drop-in sessions including:

Families First : Renfrewshire Carers

Sleep Scotland

Put your ideas into the Suggestion box within the Parents Room : all ideas considered!