

SPOONFUL OF STRENGTH

Support group

for Mum's with children with long term chronic medical conditions such as; CF, EDS, Diabetes, Epilepsy etc.

3rd Wednesday each month
6.30pm - 8.00pm
at the drop-in, 108c London Road
(Small donation of £2 per person)

- Emotional support
- Benefit advice
- School support
- Advice/signposting on health matters
- Self-esteem raising
- Organising informal fun day meet-ups



www.mysistershouse.info
108c London Road, Bognor Regis PO21 1BD
Tel: 01243 697800

Arun and Chichester Women's Centre
'Inspiring women to live their potential'

Community Interest Company
No: 9180186

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