



## January can feel heavy, can't it?

Back to routines, back to juggling, back to trying to hold everything together for everyone.

But you do not have to carry it all by yourself.

Our Cuppa&Chat sessions are back in January - both in person in Derby and online - and we would love to welcome you in.

**These sessions exist for one simple reason:**

**Because parents and carers deserve support too.**

Whether you come to talk, to offload, to celebrate a win, to sit quietly with people who get it, or simply to drink a hot drink while it is still hot - you are completely welcome.

There is no pressure. No judgment.

Just community, compassion and a chance to breathe.

And... they are completely free to attend.

Make space for you this year. Even one hour could make your whole week feel lighter.

Because you deserve connection.

You deserve to be supported.

You deserve a cuppa.

♥ Sunshine Support



Wednesday, 22 April 2020 20:30 - Wednesday, 18 November 2026 21:00

Cuppa&Chat – ONLINE

**Register**

