



Coffee and chat

We would like to invite all parents, carers, family members, and friends to come along to our coffee and chat sessions.

Coffee and chat is an informal session, where anyone supporting a student is welcome to attend and we will provide the beverages and treats. Coffee and chat does not require any commitment so please just drop in anytime between 9am – 10:30am on the sessions you can make.

Coffee and chat is located at 1 Spring Garden lane, Gosport. If you wish to park in our car park you can access this from Prince of Wales Street and are welcome to park anywhere on the left-hand side of the car park.

The purpose of coffee and chat is:

- The opportunity to take a break and relax.
- A safe place for you to offload and talk through anything on your mind.
- The opportunity to create a support network, share stories and advice with other parents and carers.
- We are also excited to offer a range of guest speakers that will be coming along to some of these sessions to share knowledge on their areas of expertise.
- Please feel free to bring along someone in your support network.

Do not hesitate to contact us with any queries or questions:
02392 505233 tbain@gfmat.org

On the last Monday of each
month

Locations: 1 Spring Garden Lane
Gosport, PO12 1HY

Time: 9am – 10:30

Dates:

- January 31st
- February 7th – (Children’s mental health week)
- February 28th
- March 28th
- April 25th
- May 30th
- Jun 27th
- July 18th



CHILDREN & FAMILIES TEAM