

# Kids Time

Kids Time is a FREE twelve-month programme for young people (age 8 – 17) and their families, where a parent/carer has a mental illness.

## Our Aim

- To answer any questions and explore any myths about mental health
- To support young people who are affected by a parent/carers mental health
- For families to have fun!

Once a month on a Thursday, from 5.00-7.00pm at Dunstable Children's Centre, Oakwood Drive, Dunstable LU5 4AS

## What we do

- Have the opportunity for all the family to learn about mental health from supportive professionals.
- Provide space for children and young people to understand more about mental health, have discussions, ask questions and to have fun!
- To build and enhance parents confidence and wellbeing
- Arts and crafts, activities and games to support families to be able to talk about mental health.
- A shared meal at each workshop



Scan the QR code to complete the referral form!



For more information:

Telephone – 0300 300 8585

Email – [KidsTime@centralbedfordshire.gov.uk](mailto:KidsTime@centralbedfordshire.gov.uk)