

The  
Mildmay  
Community  
Centre



# BETAMINDS COFFEE MORNINGS

*Weekly, Tuesday  
10am - 11am  
From 29<sup>th</sup> October 2019*

**Location: The Living Room in  
The Mildmay Community  
Centre, N16 8NA**

**Cost: Free**

**Register by email to:**  
[admin@mildmaycp.org.uk](mailto:admin@mildmaycp.org.uk)

**Scan the QR code to be taken  
to our Facebook page.**

**Do you want to meet other  
parents who have children with  
autism?**

Want to share your experiences with other  
parents and carers, and hear theirs?

Do you want to get ideas about how to  
help your child as they get older and  
change?

BetaMinds is hosting coffee mornings in  
the Centre's Living Room and is an  
opportunity for parents and carers to  
come together and share and receive  
information as a group and act as a peer  
support network.