

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

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



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.

Scan the QR code to complete the referral form!



For more information:

Telephone – 0300 300 8585

Email – KidsTime@centralbedfordshire.gov.uk