

RE-BREATHE

Be Hopeful & Rise



Are you a parent of African heritage with a child on the autistic spectrum or with special educational needs?

Re-Breath is a support and respite group (Part of the Diverse Communities Action Plan Project). Join us for help with;

Cultural stigma/myth - Respite - Information and guidance - Training skills & development

Wednesdays 10.30am -12.30pm

One Colchester Community Hub

4-6 Long Wyre Street

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**Please contact Godwin Daudu for more information
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Community360

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