

www.offloadcumbria.co.uk

find us on facebook  /Offloadcumbria



DADS

offload
C U M B R I A

we're here
to listen

WHAT WE DO

Dads Offload offers a safe space for *dads at all stages of fatherhood* to be able to share experiences within a peer support environment.

Our sessions are **for dads aged 18 and over** living in Cumbria and are designed to compliment professional services and bridge the gap between self help and external professional therapies.

JOIN US AT:

Wigton Rugby Club, 9 Lowmoor Rd, Wigton CA7 9QR
Second Monday of every month, **6:30pm–8pm**

CONTACT US

If you'd like to get involved or have any questions please get in touch - offloadcumbria@outlook.com

PLEASE NOTE: We don't currently have a phone number as our volunteers have other full time roles and are unable to facilitate this.

*Offload is not designed to replace professional help services and we are not trained counsellors, therapists or coaches. If we don't feel we can help, we will signpost you to a more suitable organisation.

SCAN FOR DETAILS

