

2026

PEER TO PEER SUPPORT GROUPS



WorkLife Central runs small, informal, friendly and confidential groups connecting professionals who may be facing similar personal situations.



**Peri/
Menopause**



**Parents of
Neurodivergent
Children**



**Parents of
LGBTQ+
Children**



**Carers of
Elderly
Relatives**



**Upcoming
Dates**

Sessions run regularly from 12:30pm to 1:30pm, and you're welcome to join as often as you like—there's no ongoing commitment required. Simply click on or scan the QR code to visit our website, check upcoming dates, and book your place.

Browse our full schedule at worklifecentral.com
Not yet a member? Join for free [here](#) or scan the QR code

