

Parent & Carer Support Groups

Is your child struggling with their mental health?
Join a TIC+ Parent & Carer Support Groups for six FREE sessions to inform & support parents and carers, helping you to understand your child's distress.

Who can attend? Parents & Carers of young people aged 11-18 living in Gloucestershire.

Where? Sessions are delivered remotely via Zoom or face-to-face in venues across Gloucestershire.

When? Times vary. Please visit our website for the full timetable of dates.



September/October 2023 Dates

12/09 - 17/10/23 | Tuesday Morning | 10.30am - 12 midday | Stroud

14/09 - 19/10/23 | Thursday Afternoon | 1.00pm - 2.30pm | Gloucester

14/09 - 19/10/23 | Thursday Evening | 7.00pm - 8.30pm | Cheltenham

14/09 - 19/10/23 | Thursday Evening | 7.00pm - 8.30pm | Zoom

How do I book?

Head to www.ticplus.org.uk/parents-carers/parent-carer-support-groups/



Or you can book by scanning this QR code with your phone.