

Parent & Carer Support Groups



Are you worried about your child's well-being?

Parenting is rewarding yet challenging, especially when concerns arise. You are not alone.

Who: Tailored for Gloucestershire parents & carers of ages 11-18

When: Weekly sessions for 6 weeks, 1.5 hours each. Choose daytime or evening

Where: Gloucester or online via Teams

TIC+ run **FREE Support Groups** that meet face-to-face or virtually via Teams

Discover strategies to nurture resilience, guided by trained facilitators.

Share experiences, learn and grow in a safe space.

Visit the Parent Support pages on our website www.ticplus.org.uk or scan the QR code

**BOOK!
NOW!**

November - December 2024

DATE	DAY	TIME	LOCATION
05 Nov - 10 Dec	Tuesday	6:30pm - 8:00pm	Teams
07 Nov - 05 Dec	Thursday	6:30pm - 8:00pm	Teams
07 Nov - 12 Dec	Thursday	7:00pm - 8:30pm	Gloucester



Parent & Carer Support Groups

November - December 2024 Dates

Are you worried about your child's mental health & wellbeing?

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.

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.

OUR FREE PARENT & CARERS SUPPORT GROUPS ARE FOR PARENTS/CARERS OF YOUNG PEOPLE AGED 11-18 LIVING IN GLOUCESTERSHIRE WHO ARE STRUGGLING WITH THEIR MENTAL HEALTH & WELLBEING

GROUPS ARE WEEKLY FOR SIX WEEKS AND LAST 1.5 HOURS - DAYTIME AND EVENING GROUPS AVAILABLE

05 NOVEMBER - 10 DECEMBER
6:30PM - 8:00PM

TEAMS

07 NOVEMBER - 05 DECEMBER
6:30PM - 8.00PM

TEAMS

07 NOVEMBER - 12 DECEMBER
7.00PM - 8.30PM

GLOUCESTER

