

# 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.



## June/July 2023 Dates

14/06 - 19/07/23 | Wednesday Evening | 7:00pm - 8:30pm | Zoom

21/06 - 26/07/23 | Wednesday Evening | 7:00pm - 8:30pm | Gloucester

21/06 - 26/07/23 | Wednesday Morning | 10:30am - 12:00pm | Cheltenham

13/06 - 18/07/23 | Tuesday Morning | 10:30am - 12:00pm | Stroud

### How do I book?

Head to [www.ticplus.org.uk/parents-carers/parent-carer-support-groups/](http://www.ticplus.org.uk/parents-carers/parent-carer-support-groups/)



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