

# Parent & Carer Support Groups

November/December 2023 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/](http://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

**7 NOVEMBER - 12 DECEMBER**  
**10:30AM - 12NOON**  
**STROUD**

**8 NOVEMBER - 13 DECEMBER**  
**7:00PM - 8:30PM**  
**CHELTENHAM**

**8 NOVEMBER - 13 DECEMBER**  
**7:00PM - 8:30PM**  
**ZOOM**

**9 NOVEMBER - 14 DECEMBER**  
**7:00PM - 8:30PM**  
**GLOUCESTER**

**9 NOVEMBER - 14 DECEMBER**  
**7:00PM - 8:30PM**  
**ZOOM**

