

# 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.



## March 2023 Dates

01/03/23 - 19/04/23 | Wednesday | 10:30am - 12:00pm | Stroud

01/03/23 - 19/04/23 | Wednesday | 6.30pm - 8.00pm | Gloucester

01/03/23 - 19/04/23 | Wednesday | 7.00pm - 8.30pm | Zoom

02/03/23 - 20/04/23 | Thursday | 1.15pm - 2.45pm | Cheltenham

[PLEASE NOTE: These courses are for 6 weeks but will take a two-week break over the school Easter holidays and will recommence afterwards]

### 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.