

Parent & Carer Workshops

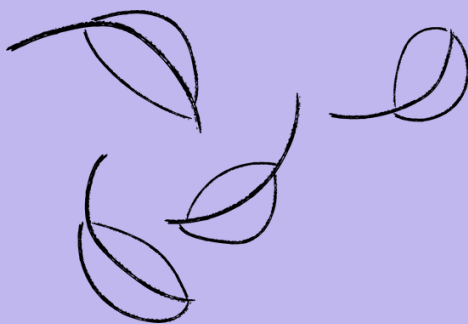


Worried about your child's wellbeing?

We run **FREE Workshops** for parents & carers of ages 11-18, that meet face-to-face or virtually via Zoom.

These workshops meet weekly for four weeks, with an optional fifth week, and last 1.5 hours.

Discover strategies to nurture resilience, guided by trained facilitators.



Upcoming Workshops

Zoom

24/09/25 – 22/10/25

7.00pm – 8.30pm

Zoom

18/09/25 – 16/10/25

12.30pm – 2.00pm

Cheltenham

24/09/25 – 05/11/25

10.00am – 11.30am

How to book



Topics Covered

Weeks 1 - 5



Understanding
young people's
anxiety &
development



Effective
communication
& conflict
resolution



Equipping
young people
with anxiety
coping tools



Supporting
through
depression &
self-harm
concerns



Setting
healthy
boundaries &
expectations

