



# PARENT SUPPORT GROUPS

**Are you worried about your child's mental health, emotional well-being or behaviour?**

Parenting can be hugely rewarding but it can also be really hard work, especially if you think your child is unhappy or you are worried about them.

## FREE PARENT SUPPORT GROUPS



For parents of young people aged 11-18 living in Gloucestershire struggling with mental health, emotional wellbeing and behavioural issues.

**Groups are weekly for six weeks and last 1.5 hours - daytime and evening groups available.**

### **YOU ARE NOT ALONE**

At various times and locations

**GLOUCESTER - CHELTENHAM - FOREST OF DEAN**

### **TIC+ cares – we're here to help!**

To book your place on the next group complete a self-referral form accessible from the TIC+ website or call us.



CONTACT US  
**01594 372777**



PARENT SELF REFERRAL FORM  
[www.ticplus.org.uk](http://www.ticplus.org.uk)

***"I've come away each week with new ideas and tools to try at home and I've made a few new friends with other parents in the group!"***

**Developed by TIC+ Senior Counsellor Romina Bacon, the group is designed to inform and support parents, helping them to understand their child's distress and discover effective strategies to improve their resilience. The group is also an opportunity for parents going through similar experiences to encourage, support and learn from each other in a safe and friendly environment.**

Each group will be led by 2 facilitators who are fully-trained and experienced in parenting and young people's mental health. Parents are encouraged to commit to all 6 sessions to gain the most benefit out of the group.

Please note: due to limited places:

- Groups must be booked in advance
- Parents are encouraged to commit to all 6 sessions to gain the most benefit out of the group.
- Each group will close to new members after the second session.
- Only one parent per family can attend each group.

Locations, times and dates are available on the TIC+ website.



*TIC+ is a mental health charity founded in 1993. Our mission is to improve, preserve and promote, good mental health and wellbeing among children, young people and families.*

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