

Parent & Carer Support Groups

Are you worried about your child's well-being?

Parenting is rewarding yet challenging, especially when concerns arise. You are not alone.



Who: Tailored for Gloucestershire parents & carers of ages 11-18

When: Weekly sessions for 6 weeks, 1.5 hours each. Choose daytime or evening

Where: Cheltenham, Gloucester, or online via Teams

TIC+ run **FREE Support Groups** that meet face-to-face or virtually via Teams

Discover strategies to nurture resilience, guided by trained facilitators.

Share experiences, learn and grow in a safe space.

Visit the Parent Support pages on our website www.ticplus.org.uk or scan the QR code

**BOOK!
NOW!**

September - October 2024

DATE	DAY	TIME	LOCATION
10 Sep - 15 Oct	Tuesday	12pm - 1:30pm	Gloucester
16 Sep - 21 Oct	Monday	10am - 11:30am	Cheltenham
16 Sep - 21 Oct	Monday	6:30pm - 8:00pm	Teams 5
19 Sep - 24 Oct	Thursday	7:00pm - 8:30pm	Teams 6

