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.

How to book

Upcoming Workshops

Zoom
11 Jan 2027 -
8 Feb 2027
6:30pm – 8:00pm

Zoom
14 Jan 2027 -
11 Feb 2027
6:30pm – 8:00pm

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