

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.



November Dates

01/11 – 06/12/22 | Tuesday Mornings | 10:30am – 12:00pm | Gloucester

01/11 – 06/12/22 | Tuesday Mornings | 10:30am – 12:00pm | Stroud

02/11 – 07/12/22 | Wednesday Evenings | 7:00pm – 8:30pm | Cheltenham

09/11 – 14/12/22 | Wednesday Afternoons | 1:15pm -2:45pm | Zoom

09/11 – 14/12/22 | Wednesday Evenings | 7:00pm – 8:30pm | Zoom

How do I book?

Head to www.ticplus.org.uk/parents-carers/parent-carer-support-groups/



Or you can book by scanning this QR code with your phone.