

Parent & Carer Workshops

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

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



TIC+ run **FREE Workshops** that meet face-to-face or virtually via Zoom

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!**

March - April 2025

DATE	DAY	TIME	LOCATION
11 Mar- 08 Apr	Tuesday	10:00am - 11:30am	Stroud
11 Mar - 08 Apr	Tuesday	6:30pm - 8:00pm	Zoom
12 Mar - 09 Apr	Wednesday	7:00pm - 8:30pm	Zoom
13 Mar - 10 Apr	Thursday	7:00pm - 8:30pm	Zoom



Parent & Carer Workshops

March - April 2025

Are you worried about your child's mental health & wellbeing?

OUR FREE PARENT & CARERS WORKSHOPS ARE FOR PARENTS/CARERS OF YOUNG PEOPLE AGED 11-18 LIVING IN GLOUCESTERSHIRE WHO ARE STRUGGLING WITH THEIR MENTAL HEALTH & WELLBEING

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.

How do I book?

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

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

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10.00am – 11.30am
Stroud

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Zoom

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13 March – 10 April
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Zoom



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